1976

ALLEGHANIAN

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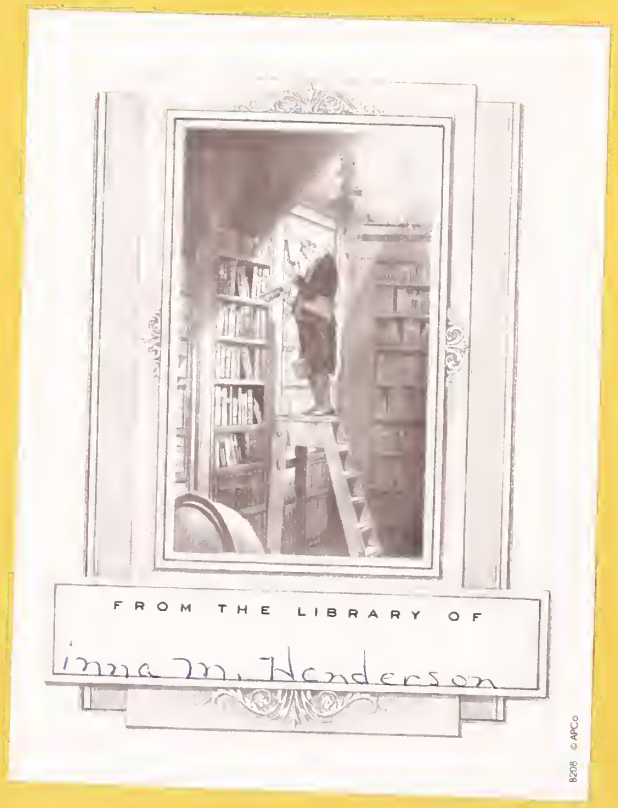

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THE ALLEGHANIAN

CLIFTON FORGE HIGH SCHOOL

CLIFTON FORGE, VIRGINIA

VOLUME XLVI

1976

Awake . . .

To Streams Of Life . . .

Awake to Streams of Life

Through all of life there is a stream to follow,

A stream that gives you the knowledge and ambition to help others . . .

A stream that allows you to live in unity and peace forever . . .

A stream that gives you courage and willingness to strive for the best . . .

A stream that finds you working together to improve your skills and talents . . .

Our lives are flowing streams of time . . .

Waves rushing in leading to a stream that lets you rest in happiness,

A stream that lets you awake to love.

Mike Wright

Through All Of Life . . .

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There Is A Stream To Follow . . .

Working together . . .

Living in unity and peace . . .

Improving skills and talents . . .

Ambition to help others . . .

"MOUNTIE"

Willingness to strive for the best . . .

Resting in happiness . . .

Participating Together . . .

AUGUST

25 First Day of School

SEPTEMBER

5 First Varsity Football Game
10 First J.V. Football Game
16 First Girl's Basketball Game
29 College Night

OCTOBER

3 Homecoming

DECEMBER

4-5 Drama Club Play
9 First Varsity Basketball Game
18 Band Christmas Concert
22 Christmas Vacation Begins

NOVEMBER

3 Beta Club Tapping
7 Little Brown Jug Game

Living In Unity . . .

JANUARY

5	*Back To School*
9	*Beta Club Convention*
19-21	*Examinations*

FEBRUARY

12	*Juniors receive rings*
13	*District Forensics*
24	*Basketball Tournaments*

MARCH

2	*Regional Forensics*
14	*Band Pops Concert*
24	*First Varsity Track Meet*
26	*First Baseball Game*
27	*State Forensics*

APRIL

1	*First Girls Track Meet*
3	*College Boards*
9	*Senior Play*
22	*Modern General Assembly*

MAY

8	*Senior Trip*
15	*Junior-Senior Prom*
21	*Senior Picnic*
23	*Band Spring Concert*
28	*Class Night*
30	*Baccalaureate*
31	*Klassroom Kwiz*
31	*Examinations*

JUNE

1-2	*Examinations*
2	*Last Day of School*
5	*Report Cards*

Administration

Administration Shows Fine Capability

Arthur Gail Totten
Emory and Henry, B.S. in Math, University of Va., M.Ed., Principal

Although the Superintendent of Clifton Forge Public Schools is seldom seen, his presence is always felt. Mr. Darnell works hard to keep everything organized and running in top shape. One can always be sure of his integrity and efficiency.

Our Principal, Mr. A.G. Totten, is another figure that deserves a lot of credit. He is most reliable and courteous to the students and faculty at C.F.H.S. Since each of his decisions are well justified, Clifton Forge High School will continue to have a strong administration.

Working parallel to Mr. Totten is our Assistant Principal, Mr. Strong. He can be seen just about anytime in the day as he serves our school. From selling game tickets to organizing lunch lines, Mr. Strong is always around to help students.

Edward D. Strong
Bluefield State College, B.S. in Math; Radford College, M.S. in School Administration, Assistant Principal, Athletic Director

Charles E. Darnell
University of West Virginia, B.S. in Agriculture; University of Va., M.Ed., Superintendent of Schools

The Secretarial Staff Prevents Office Turmoil

It is hard to imagine the confusion one would find in the office of a high school without a secretarial staff. There would be papers all over the office, phones ringing constantly, and mail stacked up knee high. Needless to say, the place would be in a state of chaos.

This could never happen at our high school since the secretarial staff is so well qualified. C.F.H.S. has some of the hardest secretarial workers in the area. Under the expert supervision of Mrs. Ida Garret, these dedicated workers take care of almost all emergencies that arise during the day.

To help Mrs. Garret in her duties is Mrs. Truitt, our teacher's aide. Office pages help both ladies keep the office efficient and the students notified.

Mrs. Ida Garrett
Secretary

Mrs. Mary Truitt
Teacher's Aide

Guidance Departments Has Answers For Future and Present

New faces brightened the Guidance Department this year as Mr. Rodney Harmon and Mrs. Gretel Anderson filled the vacant guidance positions. Both counselors fulfilled, with much pleasure, the expectation of the job which they served loyally. Adding a special kind of friendliness to each encounter, Mr. Harmon and Mrs. Anderson often found students in their offices just to chat. Students know that the Guidance Department not only provides answers concerning the future, but many dealing with the present. One would feel apt to say that the highest degree of communication is done in the Guidance Offices.

Rodney Harmon
Beckley Junior College, A.A. in Liberal Arts; Concord College; West Virginia University, B.S. in Education, Speech; Radford College, M.S. in Guidance, Psychology and Teacher Supervision; Guidance Counselor, Eighth Grade Basketball Coach.

Mrs. Gretel J. Anderson
Virginia State College; Hampton Institute, B.S. in Home Economics; New York University, M.A. in Home Economics; Home Economics I, II, III, Eighth Grade Guidance Counselor, Freshman Sponsor, FHA Sponsor.

Library Kept Organized by Library Club

Seated: *Mrs. Morris.* ***Standing:*** *Sandy Stover, Denise Shelton, Donna Stovall, Anne Wolfe, Bonnie Dotson, Cathy Hughes, Annette Martin, Kim Goode.*

At C.F.H.S. students depend on the library for a quiet and sourceful study area. Mrs. Morris, our librarian, always keeps everything well under control.

The members of the library club also serve an important function in the library. Each member gives a part of his time from study hall in order to work at the desk. Putting books away, issuing books, and assisting in the inventories are a few of the services given by members of the Library Club.

With such a fine group of people running our library, students will continue to find organization, sourceful information, and a quiet place to study!

Patty enjoys helping to do small tasks at the desk.

Mrs. Lois B. Morris
Virginia State College, B.S. in Library Science, Librarian, Alleghanian sponsor, Library Club sponsor.

Students Are Aided By Special Ed. Classes

Mrs. Bonnie Bridgers
Defiance Ohio; B.A. in English, Graduate work at Madison and University of Virginia in Special Education.

The Special Education Department is quite capably run by Mr. Louis Nagy, Mrs. Bonnie Bridgers, and Mr. Lynn Moeller.

Mrs. Bridgers helps students with reading and other literary skills. Mr. Moeller is a speech therapist, while Mr. Nagy has a class for instruction.

Many students at C.F.H.S. are greatly aided by these three fine individuals.

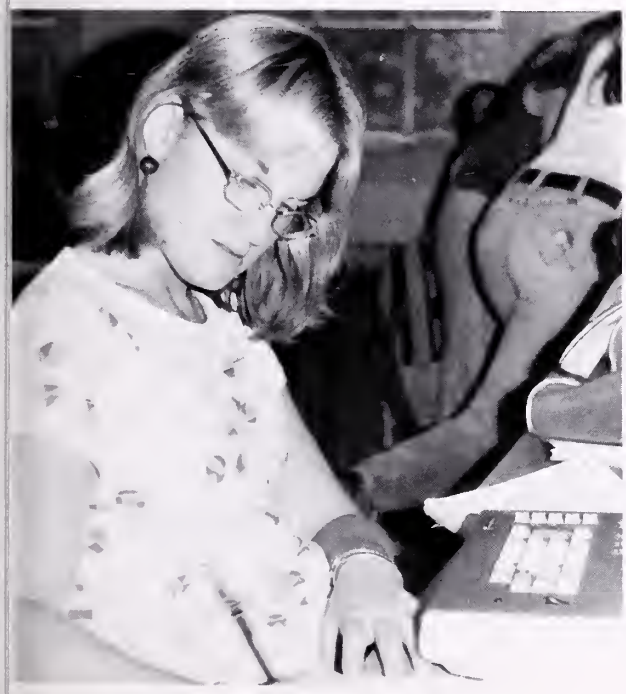
Lynn E. Moeller
Jamestown Community College, A.A. State University of New York, B.S., Graduate work at State University of New York, Speech Therapist.

Louis Nagy
Edinburgh State College, B.S. in Education; Duquesne University; J.V. Football Coach, Sophomore Sponsor.

Business Courses Teach Students The Fundamentals

Mrs. Jean Clift
Mary Washington College, B.S.; William and Mary; University of Virginia; Typing I, Consumer Education, Senior Class and Tri-Hi-Y Sponsor.

Agnes L. Mansfield
Hampton Institute, B.S. in Business Education; Typing I, Notehand, General Business, Junior Beta Club and Junior Class Sponsor.



Karen calculates solutions by using many different machines.

As one enters into the world of today, he will find many people trained with business knowledge. The training of secretaries, bookkeepers, and other business leaders usually begins in a high school. At Clifton Forge High School, students feel that the business department is training them quite sufficiently for future business expeditions.

A variety of business courses are now being offered at C.F.H.S. for students interested in preparing themselves in different types of business. Newer courses such as Stenascript, train students to take more notes in less time. The Consumer Education class teaches students to handle the responsibilities involved in running a financial and business world.

As students are finding their business abilities quite handy, they never regret taking a course in business at C.F.H.S.

Miss Ossie E. Fraley
Radford College, B.S. in Spanish and English; Clinch Valley, A.B. in English; Spanish I, II, Junior Sponsor.

Mrs. Peggy J. Nichols
College of William and Mary, A.B. in French; Ex. Course at University of Virginia; French I, II.

The Language Department strives to broaden our field of knowledge by teaching us several languages spoken throughout the world. Both first and second years of French and Spanish are taught for the many students interested in foreign traditions and cultures.

The English Department works towards increasing our vocabulary and enlightening us to writing and expressing our creativity.

Many goals and achievements may be reached in the Language Department at C.F.H.S. to increase our knowledge and understanding of language.

Communication in classrooms is an important part of English.

Mrs. Linda Jo A. Lopez
st Tennessee State University, B.S. in glish and History; English 9, 11, Student vernment Sponsor, Sophomore Sponsor.

Mrs. Agnes P. Snead
Longwood College, B.S. in English, History, and Biology; University of Virginia, M.Ed. in English; English 8, 9, Forensics Sponsor, 8th Grade Sponsor.

Mrs. Marilyn M. Woods
Madison College, B.A. in English, History, and Spanish; English 8, 10, Jr. Tri-Hi-Y Sponsor, Sophomore Sponsor.

Mrs. Mary Ellen Griggs
Madison College, B.S. in English, Latin, and History; Catawba College; Appalachian State Teacher's College; University of Virginia, M.Ed. in English; University of South Carolina; English 9, 12, Varsity Football Cheerleader Sponsor, Senior Play, Senior Sponsor.

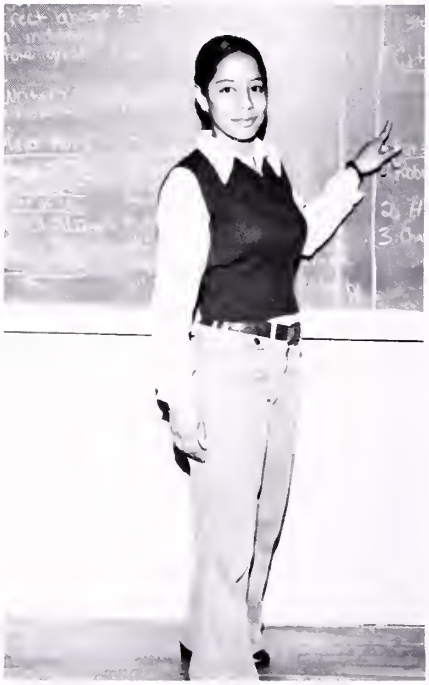
History Makes Students More Aware

The History Department of C.F.H.S. consists of many different kinds of History. Eighth graders may take a course in Social Studies. In following years students are required to take courses in World History or World Geography, U.S. History, and Government.

Each class offered in History has proved to be most educational and interesting to those students involved. Students have a chance to learn about events that are occurring in the present as well as those which occurred in the past. These classes make students more aware of the historical events happening all around them. History is indeed one of the most important courses taught in the high school.

Mrs. Lillian Vanlear
Radford College, B.S. in Social Studies; Madison College; World Geography, Government, Beta Club Sponsor.

Donald D. Buzzard
Madison College, B.S. in History; Social Studies, World History, U.S. History, J.V. Football Coach, Indoor Track Coach, Outdoor Track Coach, Freshman Sponsor.



Judy Burruss
Virginia State College, B.S. in Social Studies; U.S. History, Social Studies, Junior Sponsor.

Math Department Drills Formulas, Theorems, Shapes

Mrs. Audrey T. Adlis
Bloomsburg State College, B.S. in Math; University of South Carolina; Algebra I, Geometry, Advanced Math, Math 8, Drama Club Sponsor, Sophomore Sponsor.

Sam B. Wolfenbarger
Emory and Henry College, B.A. in Math; University of Virginia, M.Ed. in Math; Algebra I, II, Consumer Math, Eighth Grade Sponsor.

Hypothesis: If Mr. Krol, Mrs. Adlis, Mrs. Hileman, Mrs. Adlis, Miss Hazlett, and Mr. Wolfenbarger all teach the fun necessities such as Algebra and Geometry, then C.F.H.S. has an excellent math department.

This should be an easy proof for all, even those who haven't yet had Geometry. Simply take the math classes and you will learn the solution to this proof; the solution being that C.F.H.S. is fortunate to have experienced and educated teachers who know that $2 + 2 = 4$.

Richard Krol
University of Va.; Bridgewater College, B.A. in Physical Education; Math 8, Phys. Ed. 9, Assistant Varsity Football Coach, Outdoor Track Coach, Indoor Track Coach, Key Club, Eighth Grade Sponsor.

Anne Hazlett
Virginia Polytechnic University; Algebra I, Geometry, Advanced Math, Math 8, Eighth Grade Sponsor.

Science Courses Are Diverse

Susan Layne
Virginia Polytechnic Institute, B.S. in Biology; Science 8, 9, Psychology, Physics, Girls' Basketball Sponsor.

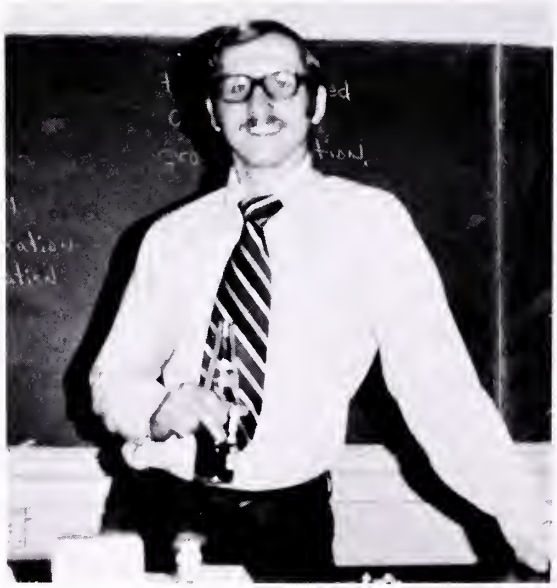
Mrs. Bette Hileman
Mount Holyoke College, B.S. in Chemistry; Chemistry, Science 9, Math.

The C.F.H.S. Science Department offers a wide selection of courses for students to choose from. After the student takes Earth Science and Biology, he has enough background to proceed to Advanced Biology, Chemistry, and Psychology.

This year the Physics course is hosted by C.F.H.S This course combines our students with students fron Alleghany High School.

Students continue to work harder in science course as they are seeing advancements of the scientific world.

Mrs. Kay Henderson
Otterbein College; Biology, Varsity Cheerleading Sponsor, Eighth Grade Sponsor.



Eugene B. Trammel
Virginia Military Institute, B.S. in Biology; Science 8, Biology, Assistant Varsity Football Coach, Varsity Basketball Coach.

Training of Young Minds and Bodies

". . . Up, two, three, four . . . Down, two, three, four . . ." This phrase is often heard as students in the Physical Education classes stretch their bodies toward good physical health.

While in the first three grades of high school, students are given a break in the day by participating in the Physical Education classes. A variety of games are learned and later played. These activities help students develop coordination skills that are needed for faster physical and mental reactions.

On certain days, the eighth and ninth grade students study Health. The sophomore students participate in the Drivers' Education class the first semester and the second semester is devoted to First Aid.

This course has proved itself to be most beneficial to the students involved in it.

Mrs. Cinda L. Rankin
Humbolt University, B.A. in Physical Education and M.S. in Education; Physical Education, Health, Girls' Track Coach, Girls' Varsity Basketball Coach, Girls' Volleyball Coach.

Edwin W. Scott, Jr.
College of William and Mary, B.S. in Physical Education; University of Virginia, M.S. in Physical Education; Physical Education, Health, Head Varsity Football Coach, J.V. Basketball Coach.

Alma Watts
Madison College, B.S. in Physical Education; University of Virginia; Physical Education, Drivers' Education, Golf Coach, Junior Class Sponsor.

Electives Allow Students To Break Away

Louis Nagy
Edinburgh State College, B.S. in Education, Duquesne University, J.V. Football Coach, Baseball Coach, Sophomore Sponsor.

Mrs. Bonnie Bridgers
Defiance, Ohio, B.A. in English, Madison, University of Virginia.

In order to break away from the required courses, students are able to take Special Interest classes.

Art, taught by Mr. Layman, is available to students who are talented in that field. Students are able to make pottery and do other various things which require artistic abilities.

If sewing and cooking interest one, then he can take Home Economics taught by Mrs. Anderson.

The Industrial Arts Department can help make one proficient in Woodworking and Metals. Mr. Baker, Mr. Cannaday, and Mr. Graham instruct pupils in that particular field.

All of these classes are enjoyable and students taking them are greatly broadened in their range of capabilities.

Right: *Mr. Nagy offers his assistance whenever it is needed.*

Courses Provide For Special Interests

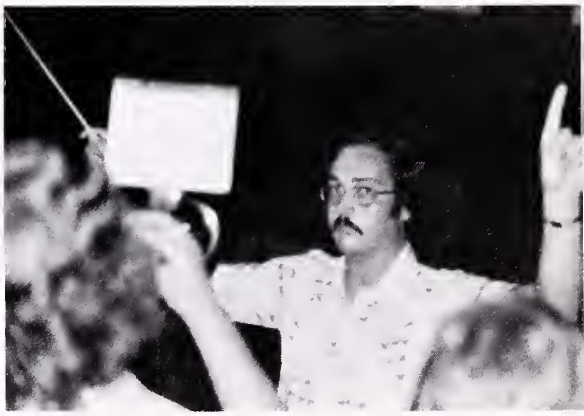
Richard W. Layman
Virginia Polytechnic Institute, B.A. in Art, Radford College, M.S. in Art, Art I, II, III, IV, Tour Group Sponsor, Junior Sponsor.

Lloyd C. Cannaday
Virginia Polytechnic Institute and S.U., B.S. in Psychology and Sociology, Manufacturing, Metal Working, Junior Sponsor.

John H. Baker
Western Kentucky University, B.S. in Industrial Arts and World of Manufacturing,
World of Manufacturing, Woodworking II, Metals, Junior Sponsor.

William E. Graham, Jr.
West Virginia Institute of Technology, B.S. in Industrial Arts
Mechanical Drawing I, Architectural Drawing, Woodworking, Sophomore Sponsor.

Mrs. Gretel L. Anderson
Virginia State College, Hampton Institute, B.S. in Home Economics, New York University, M.A. in Home Economics
Home Economics I, II, III, IV, Guidance, F.H.A. Sponsor, Freshman Sponsor.



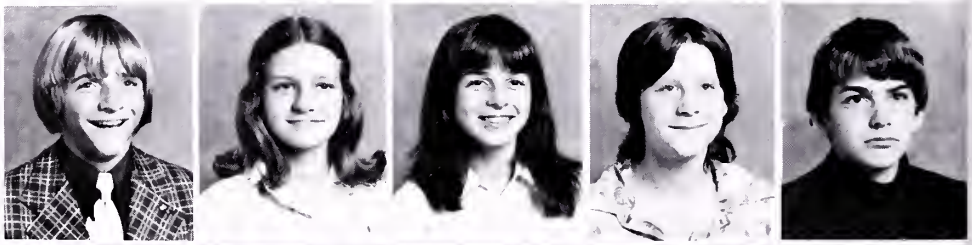
Larry D. Hill
Shenandoah Conservatory of Music, B.M. Education
Band.

CLIFTON
22
FORGE

Class of '80 Finds Variety

Class Officers:
Pres. Vanessa Cooper
V. Pres. Christopher Heighter
Sec. Melissa Pugh
Treas. Sybil Hickenbotham

Allen Aldridge
Tina Ballou
Mary Boucher
Pam Burks
Christopher Campbell



Debbie Campbell
Robert Chenault
Eric Clark
Ricky Coffin
Diane Combs

Vanessa Cooper
Teresa Cox
Ginny Downs
Ricky Green
Leigh Grimm

In High School Activities

Robert Hall
Carie Hardy
Lisa Hardy
Karen Harlow
Sheryl Haymaker

Cory Hayslett
Christopher Heighter
William Heighter
John Hodgen
Mark Hicks

Mark Hollins
Robert Hollins
Clay Johnson
Clifford Johnson
Maxine Johnson

Kathy Kelly
Susan King
William King
Pam Kornagay
Charlie Loan

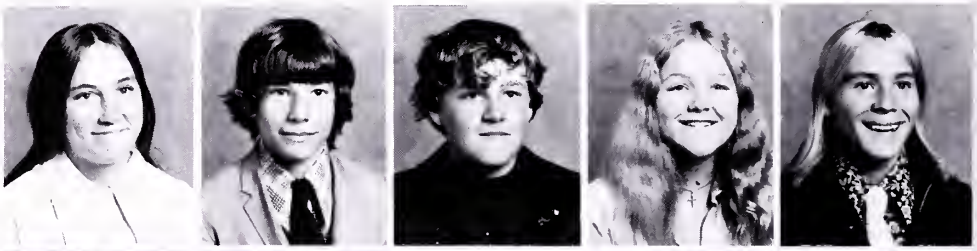
Leonard Mason
Lisha Megginson
Kenneth Monroe
Jody Nelson
Brian Nicely

Eighth Graders Share Their Ideas

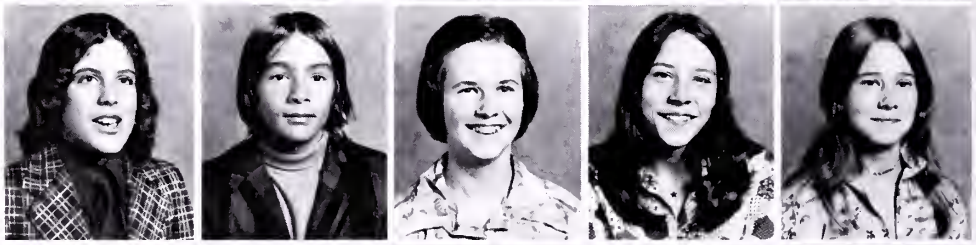
Judy Nicely
Kim Nicholos
Denise O'Connor
Franceila Persinger

Lazarus Pettis
Mellisa Pugh
Angela Reynolds
Mason Richmond

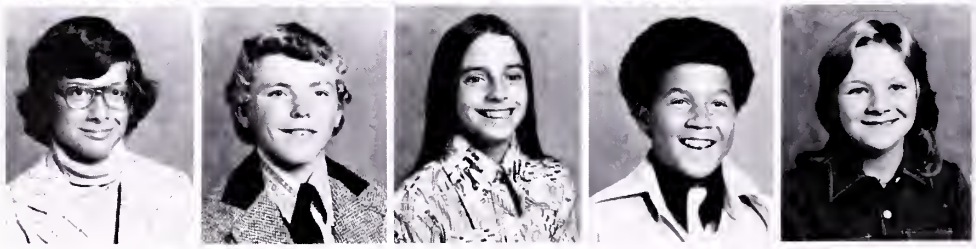
Tammie Richmond
Ricky Rucker
David Sams
Elizabeth Shaffer
David Smith



Scott Smith
Wesley Smith
Jackie Stinespring
Sandy Stover
Vicky Stover



Brooks Taylor
Meredith Tingler
Mary Lynn Tucker
Yancy Tyler
Julia Unroe



Blend in Well With Student Body

Leigh busily studies in the library.

Andy Valenzuela
Anita VanBuren
Joey Vass
Todd Via
Sandra Wade

Susan Wallace
Erica Washington
Jonothan Watson
Vicki Webber
Michael West

Elaine Wilhem
Trent Williams
Roger Wilson
Stanley Wolfenbarger
Jay Wright

Freshmen Participate In Many Clubs

CLASS OFFICERS

Barbara Gibson . . . . . President

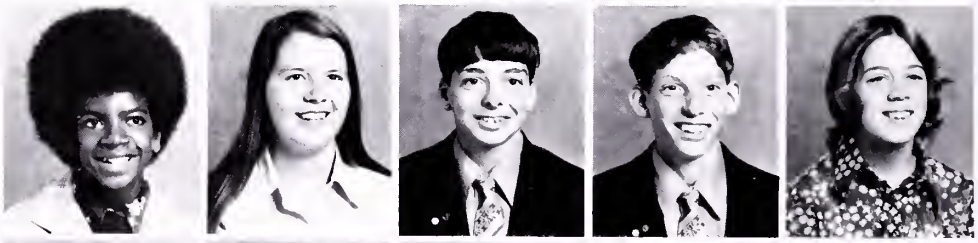
Meade Edmunds . . . . Vice-President

Patricia Shaffer . . . . . Secretary

Joe Boucher . . . . . Treasurer

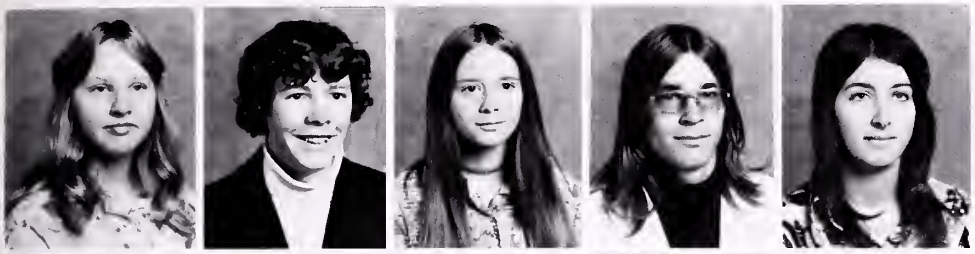
Nancy Allen
Paul Anama
Henry Barnes

Matthew Barnette
Winona Bayne
Joe Boucher
Leo Boucher
Teri Bowers



Jennifer Bryan
James Burger
Donna Campbell
Edna Cantrell
Robert Chambers

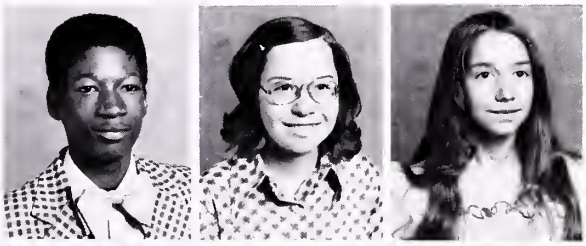
Class Gains a Broader View of Student Life



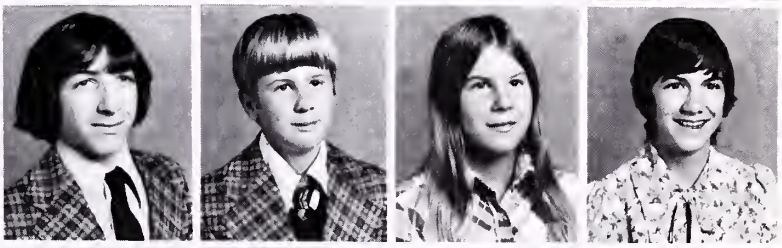
Diane Chenault
William Deisher
Patricia Dameron
Gene Dodd
Bonnie Dotson

Christine Duff
Meade Edmunds
Barbara Gibson
Bruce Green

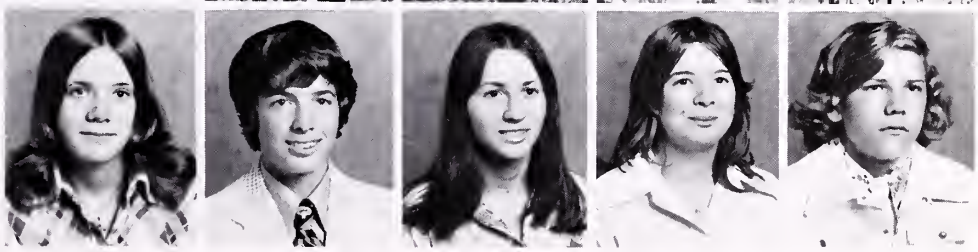
Duane Freels
Donald Hickembotham
Bobby Hogg



William Hollins
Debbie Huntington
Glenda Hyler



Anthony Kimberlin
Eddie Kimberlind
Kim Kimberland
Kathyrn Kostel

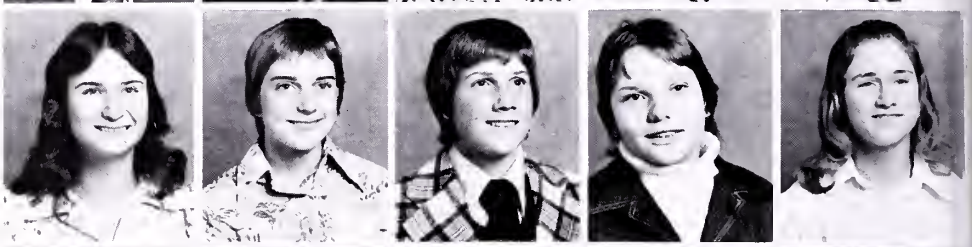


Jean MacKay
Morrison Manner
Tammy McClung
Tina McCutchen
Darryl McMillian

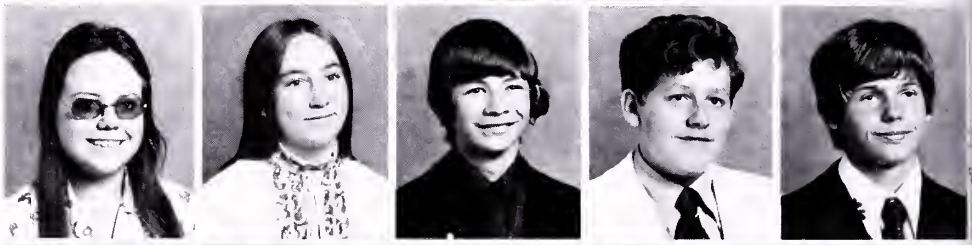
Class of '79 Works Toward Success

Stephen Merchant
Richard Moore
Edward Monroe
Eddie Morgan
Van Morris

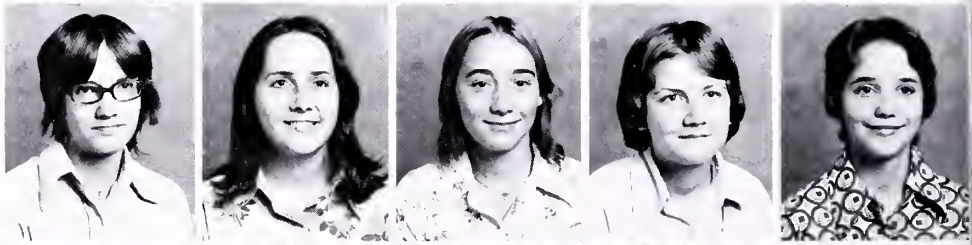
Deborah Newcomb
Diane Nicely
Dale Perry
William Persinger
Deanne Porter



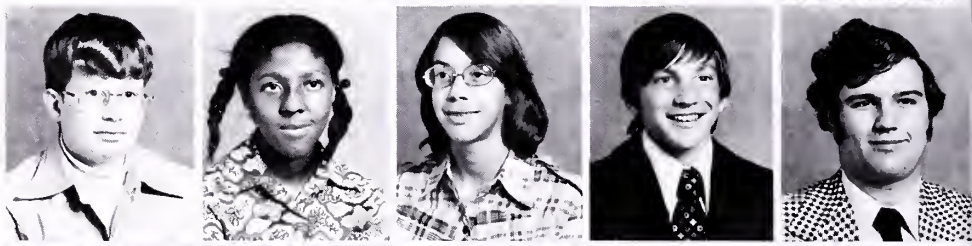
Tammy Powell
Tammy Richmond
Mark Robertson
Herbert Sams
Mike Saunders



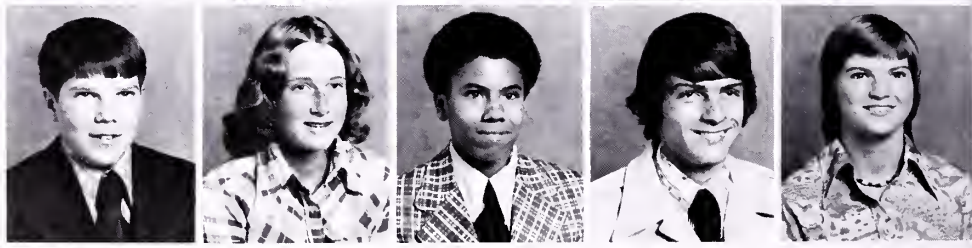
Cindy Scott
Diane Shrewsbury
Kathy Smith
Mary Stinespring
Kandi Stone



Christopher Taylor
Suzanne Thompson
Ameila Truitt
Todd Tucker
Cecil Underwood



Malcolm Valenzuel
Patricia Whitmer
Eric Williams
Michael Wilson
Betsy Woods



Sophomore Class

CLASS OFFICERS

Anne Wolfe . . . . . President

Dale Armstrong . . . . . Vice President

Annette Martin . . . . . Secretary

Becky Downs . . . . . Treasurer

Dale Armstrong
Tim Backels
Robert Chittum
Charles Clark
David Clark

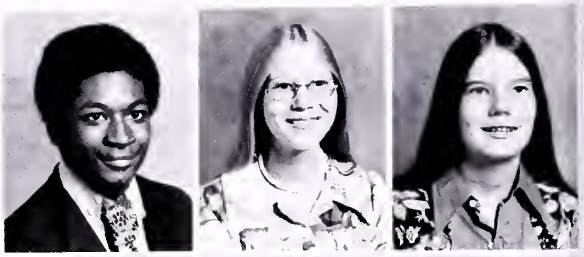
Roy Cooper
Susan Davis
Frances Duff
James Drewy
Kevin Forbes

Robin Hardy
Donna Harlow
Neil Harth
Julia Hayslett
Tammy Henessee

Works Hard on Homecoming

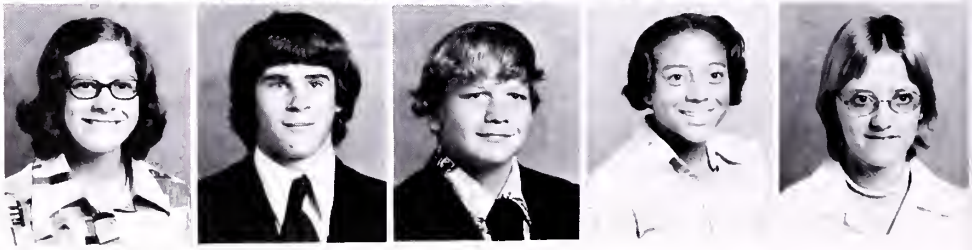
Lunch time produces an opportunity for this sophomore to talk to her loved one!

Ernest Hollins
Ellen Jeffries
Ann Johnson



Darryl Kay
David Kay
Timmy Kimberlin
Billie Jo Leisure
Cyretia Lewis

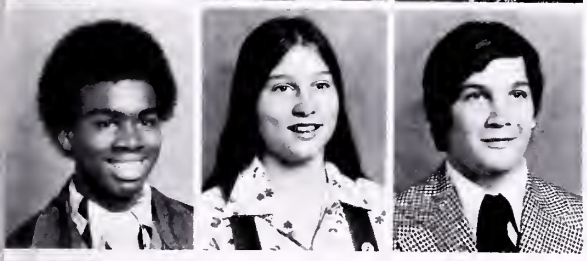
Annette Martin
Tony Martin
Joel Mattox
Tammy McCoy
Kathie McMillion



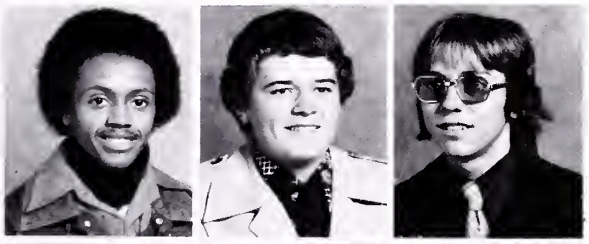
Class Enjoys a Wider Selection of Classes

Joyce Mearchant
James Monroe
Louise Morris
Alice Murray
Kathy Nicely

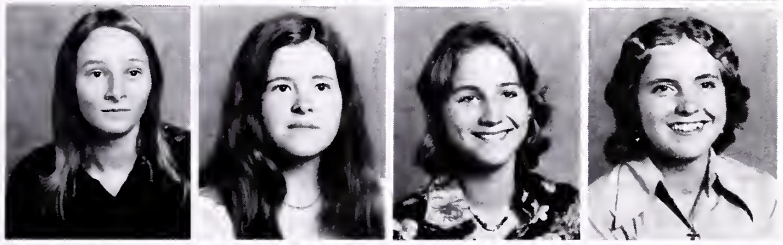
Robert Nicely
Stella O'Brian
Ernie Peer
Ricky Pendleton



Donald Reynolds
Amy Rice
Paul Rice



Russel Roland
Eddie Sinar
Wayne Sloan



Jean Ann Smith
Donna Stovall
Mary Kay Taylor
Robin Tingler

Mary Kay Unroe
Suzanne Van Beek
Raymond Watson
Anne Wolfe
Neil Zentmyer

Class of '77 Starts Planning for College

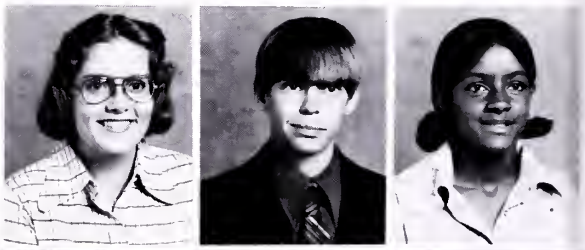
CLASS OFFICERS

Martha Manner . . . . . President

Selma Gaither . . . . . Vice President

Sally Wolfe . . . . . Secretary

Teresa Marshal . . . . . Treasurer



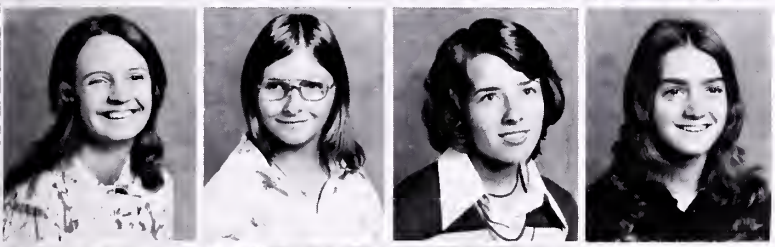
Annette Anderson
Paul Boucher
Teresa Burks

Carol Calhoun
Daniel Campbell
Ricky Crawford
Sidney Dobbs

Janet Downey
Becky Edmunds
Timothy Fitzgerald
Cathy Fridley
Linda Johnson Fridley

Juniors Receive Rings, Present Prom, and Reach Goals

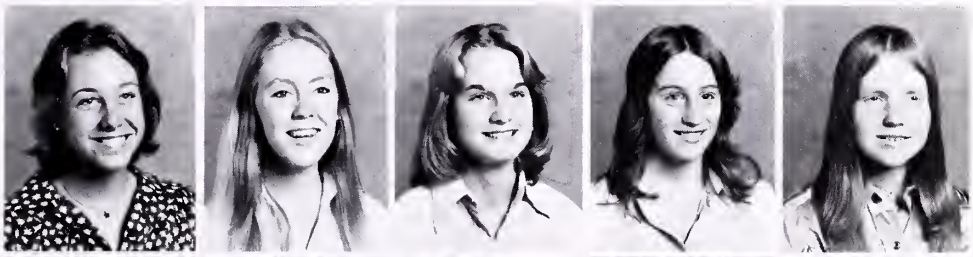
Selma Gaither
Kim Goode
Susan Hugely
Cindy Johnson
Trudie Lacey



Kathy Layton
Ellen Linkenhoker
Martha Manner
Teresa Marshall

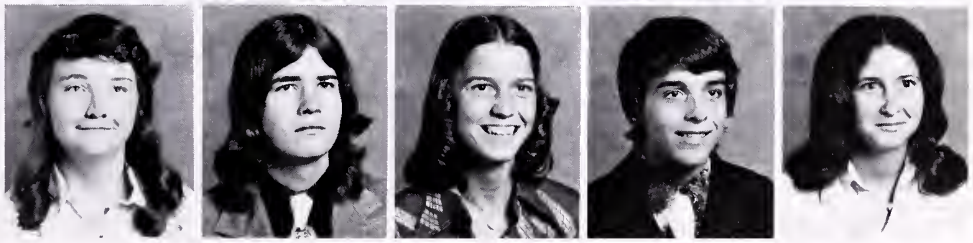
Ronnie Mearchant
Elizabeth Monroe
Debbie Nicely

Christy Putnam
Terry Putnam
Karen Scott
Tracey Smith
Pattie Stull



Laura Taylor
Roger Lee Walton
Valarie Watson
Ginny Weaver
Jane Wickline

Debbie Wilcher
David Wilson
Sally Wolfe
Mike Wright
Robin Yopp



Senior Class Officers

President . . . . . Martha Peters
Vice President . . . . . Rita Gibson
Secretary . . . . . Susan Hall
Treasurer . . . . . Ellen Tucker

Harry Lee Alston

Michael Wayne Armstrong
Jr. Beta Club 2; Beta Club 3, 4, Treasurer 4; Astronomy Club, President; Senior Play, co-author.

Samuel Wilson Ballou
Wrestling 8, 1, 2, 3; J.V. Football 8, 1; Varsity Football 2, 3, 4; Senior-Faculty Basketball; Varsity Club 2, 3, 4; K.V.G. 2, 3, 4; Key Club 2, 3, 4; Jr. Beta Club 1, 2; Beta Club 4; Hi-Y 3, 4, President 4; S.G.A. 8, 1, 2, 4, President 4; Class President 1.

Demetres Juanita Barnette
Girl's J.V. Basketball 1, 2, Captain, 1, 2; Girl's Varsity Basketball 3, 5; Varsity Club 3, 5.

The Class of '76

William Lawrence Berry
J.V. Football 8, 1; Varsity Football 2, 3, 4; 8 Grade Basketball; J.V. Basketball 1, 2; Varsity Basketball 3, 4; Senior-Faculty Basketball; Track 2; Baseball 1, 2, 3, 4; All-District Football 4; Varsity Club 1, 2, 3, 4; Key Club 3.

David Wayne Bistodeau
J.V. Basketball 2; Varsity Basketball 3, 4; Eighth Grade Basketball; S.G.A. 4; Varsity Club 3, 4; Key Club 2, 3, 4.

June Maria Booze
F.B.L.A. 4.

Stephe Anthony Brown
J.V. Football 1; J.V. Basketball 8; Track 8, 1, 2, 4; Indoor Track 1, 2, 4; Varsity Club 1, 2, 4; S.G.A. 2; Chorus 1.

Lisa Ellen Bryan
Cheerleading 8, 1, 2, 3, 4; S.G.A. 1, 2, 3; Pep Club 1; K.V.G. 4; Varsity Club 2, 3, 4; Serving Girl 2; Guidance Page 2; Senior Play.

Susan Carol Caldwell
K.V.G. 4; S.G.A. 8, 4.

Nancy Lee Campbell
Girl's Track 2; Jr. Beta Club 2; Beta Club 3, 4; Pep Club 1, 2; S.G.A. 1, 2; Jr. Tri-Hi-Y 1, 2, Recording Secretary 2; Tri-Hi-Y 3, 4.

James Alfred Cantrell
J.V. Basketball Mgr. 8; Varsity Basketball Mgr. 1, Trainer 2, 3, 4; Varsity Football Trainer 2, 3, 4; Track Mgr. 8; Cross Country Trainer 3; Baseball Mgr. 1, Trainer 2, 3, 4; Varsity Club 1, 2, 3, 4; Library Club 8; Mountaineer 8, 1; Jr. Beta Club 2; Beta Club 3, 4, President 4; S.G.A. 8, 1, 3, 4; Astronomy Club 3, Vice-president 3; Class Treasurer 3.

Through All of Life

David Ernest Chambers
Baseball 2; 8th Grade Basketball; J.V. Football 1; Varsity Football 3, 4; Senior-Faculty Basketball; K.V.G. 2, 3, 4; Key Club 2, Varsity Club 2, 3, 4; S.G.A. 2, 3, 4; Hi-Y 3, Vice President 4; Senior Play.

Pamela Gay Clark
Track 2; All District Track 2; Band 3; Pep Club 1; FBLA 4; Senior-Faculty Basketball, Who's Who 3, 4; Senior Play.

Tammy Lynn Connor
Track 3; Band 8, 1; Alleghanian Staff 4; Senior Play.

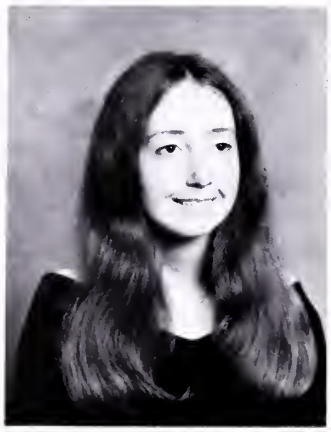
Cynthia Ann Crumb
Cheerleader 8; Senior Play.

Eva Lenora Darnell
Girl's Basketball 8, 1; S.G.A. 2; F.H.A. 8; Jr. Beta Club 2; Forensics 4.

Debra Ann Dobbs
Girl's Track 8; S.G.A. 8, 1; Jr. Beta Club 1, 2; Drama Club 8, 1, 2, 3, Secretary 3.

Lise Jean Easter
F.H.A. 1, 2, 3; Betty Crocker Award; Pep Club 1, 2; Jr. Beta Club 1, 2; Beta Club 3, 4.

Lisa Shelia Finestone
S.G.A. 1, 2, 3, 4; History Award 3; Forensics 1, 2; Jr. Beta Club 2; Beta Club 3, 4; Band 8, 1, 2, 4; All-Area Band 8, 1; Regional Band 2; Alleghanian 1, 2, 3, 4; Drama Club 8, 1, 2, 3, 4, Vice-President 3, President 4.



There is a Stream to Follow

Mark Henry Ford
J.V. Football 8, 1; Varsity Football 2, 3, 4; Track 8, 1, 2, 3, 4; Indoor Track 2, 3, 4; Varsity Club 1, 2, 3, 4; Key Club 1, 2, 3, 4.

Rita Kay Gibson
Girl's Track 8; Girl's Basketball 8, 1, 2; S.G.A. 3; K.V.G. 4; Band 8, 3, 4; F.B.L.A. 4; Class Vice-President 4.

Alexander Graham Gochenour
Tennis Mgr. 3; Track 4; Indoor Track 4; Varsity Football Mgr. 3, Asst. Trainer 4; Varsity Club 3, 4; Astronomy Club 3; Jr. Beta Club 1, 2; Beta Club 3, 4; Senior Play, Co-author.

Blair McCloskey Grimm

Susan Lacy Hall
Girl's Track 1; Tri-Hi-Y 3, President 4; S.G.A. 2, 3, 4; D.A.R. Award; Girls State 3; Varsity Club; Jr. Beta Club 1, 2, Secretary 1, 2; Beta Club 3, 4, Vice-President 4; Office Page 4; Class Secretary 2, 4.

Donna Porter Harlow

Linda May Hollins
Tennis 3; S.G.A. 8; Jr. Beta Club 2; Beta Club 3, 4; Senior Play.

Chester Vaughan Howard
Baseball 3, 4; 8th Grade Basketball; J.V. Basketball 1; Senior-Faculty Basketball; Mountaineer 1; Math-Science Club 1.

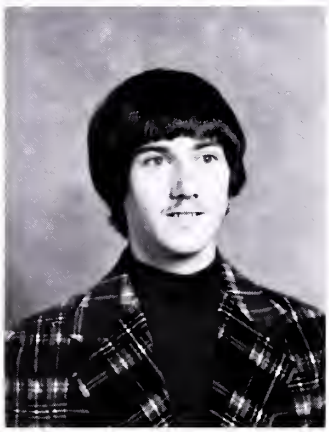
A Stream That Gives You

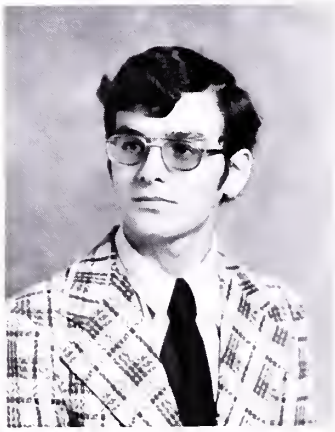
Jeffrey Duke Howard

Catherine Laverne Hughes
Girl's J.V. Basketball 8, 1; Girl's Varsity Basketball 2, 3, 4, Captain 3, 4; Girl's All-District Basketball 4; Varsity Club 2, 3, 4; Library Club 3; F.H.A. 3, 4, Treasurer 4.

Timothy Wayne Hyler
Track 2; Senior Play.

Denise Louise Johnson
Senior Play.





Katana Lynn Johnson
Girl's Track 1, 2; Varsity Club 1, 2, 3, 4; Jr. Beta Club 8, 1; Band 1; Jr. Tri-Hi-Y 1, 2, Secretary 2; Tri-Hi-Y 3, 4, Chaplain 4; M.G.A. 4; Senior Play.

Danny Lee Kay

Karen Leigh Kimberlin
Girl's Track 2; Band 8, 1; Jr. Tri-Hi-Y 2; Tri-Hi-Y 3, 4; Jr. Beta Club 1, 2; Alleghanian 3; Senior-Faculty Basketball Cheerleader; Senior Play.

Page Hughes Kroeger
Beta Club 4; Forensics 4.

Knowledge and Ambition to Help Others

Jeanette Lee Lawler
Tennis 2, 3; Girl's Track 8; Flag Team 2, 3; Majorette 4; Drama Club 4; F.H.A. 1, Secretary 1; Forensics 4; Jr. Beta Club 2; Beta Club 3, 4; B.Y.D. Award 4, District 4; Senior Play.

Chaquita Alease Lewis
Girl's Basketball 4; F.H.A. 4; Senior Play.

Roderick John MacKay
J.V. Football 1; Golf 3; Varsity Club 1; Senior-Faculty Basketball; K.V.G.; Art Asst. 4; Key Club 3; Hi-Y 2; Jr. Beta Club; Senior Play.

Mary Katharine McMullan
S.G.A. 3, 4; Drama Club 2, 3, 4; Jr. Beta Club 2; Beta Club 3, 4; Forensics 2; Jr. Tri-Hi-Y 2; Tri-Hi-Y 3, 4; M.G.A. 4; Alleghanian 1, 2, 3, 4, Head photographer 2, Co-head 4; Band 8, 1, 2, 3, 4, Vice-President 4; Arion Award 4; Senior Play.

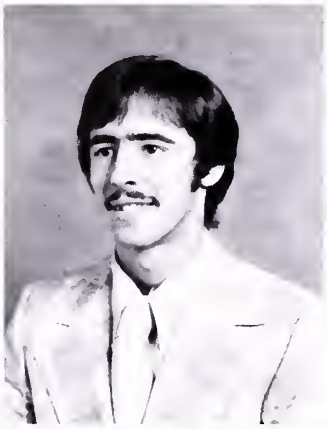
Deborah Ann Mason
S.G.A. 2, 3, 4; Senior Play.

Nancy Carol Mason
Senior Play.

Pamela Sue Mason
F.B.L.A. 4; Class Vice-President 2; Beta Club 3, 4; S.G.A. 4; Senior Play.

Larry Wayne Mattox
Band 8, 1, 2, 3, 4; Senior Play.

A Stream That Allows You

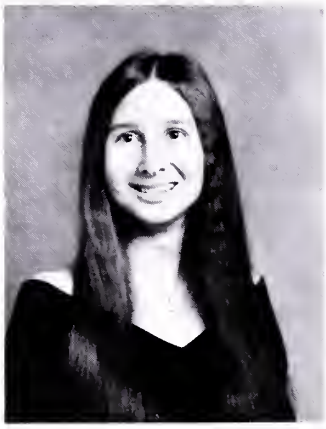


Barbara Ann Mays
Girl's Basketball Manager 8; Guidance Page 3.

David Murray McClung
Senior-Faculty Basketball.

Glenn Eldred Megginson
J.V. Basketball 1, 2; Varsity Basketball 3, 4, Co-Captain 4, Eighth Grade; Basketball; J.V. Football 8, 1; Varsity Football 2, 3, 4, Co-Captain 4; All District Football 3, 4; Varsity Club 2, 3, 4; Key Club 3, 4, Treasurer 4; Jr. Beta Club 2; Boys Track 2, 3, 4; Indoor Track 2, 3; S.G.A. 8, 1, 2, 3, 4; K.V.G. 4.

Karen Michelle Megginson
Jr. Beta Club 2; Beta Club 3, 4; Jr. Tri-Hi-Y 2; Tri-Hi-Y 4; S.G.A. 8, 1, 4; Alleghanian 2, 3, 4, Co-Editor 4; Class President 8; Senior Play.



Sandra Jean Miller
Serving Girl 2; Band 8, 1; Chorus 1.

Cheryl Ann Nicely
Jr. Beta Club 2; Beta Club 3, 4.

Marion Algon Nicely
J.V. Football 8, 1; Varsity Football 2, 3, 4; Wrestling 3; Boys Track 8; Senior-Faculty Basketball; Hi-Y 2, 3, 4; Drama Club 4; Varsity Club 2, 3, 4; Boys State 3; Senior Play.

Terry Lynn Nicely
J.V. Football 8, 1; Varsity Football 2, 3, 4; All District Football 4; Baseball 1, 2, 3, 4; Senior-Faculty Basketball; Varsity Club 1, 2, 3, 4; Key Club 3, 4.

To Live in Unity and Peace Forever

Owen Edward O'Conner

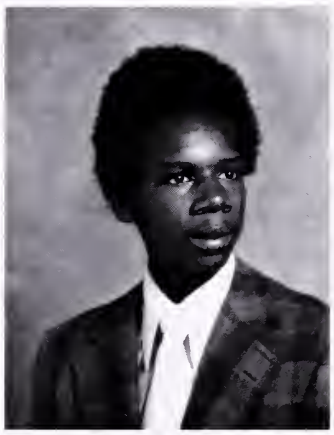
Gloria Jean Pendleton
Girl's Basketball 8, 1, 2; Tennis 2; Jr. Beta Club 8, ; Senior Play.

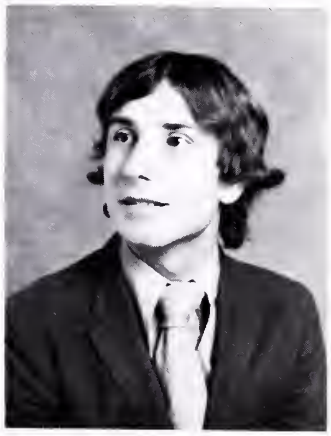
Thomas Edward Persinger
J.V. Football 8, 1; Hi-Y 4; Key Club 1; K.V.G.; Senior Play.

Martha Lee Peters
Girl's Track 8, 1, 2; Tennis 3, 4; Cheerleading 8, 1, 2; S.G.A. 8, 1, 2, 4; Tri-Hi-Y 3, 4; Jr. Tri-Hi-Y 1, 2; Beta Club 3, 4, Secretary 3; Jr. Beta Club 1, 2, President 2; Varsity Club 2, 3, 4; Class Vice President 1; Class Secretary 3; Class President 4; Senior Play.

Clarence Richard Reynolds
Varsity Football 2, 4; J.V. Basketball 2; Varsity Basketball 3, 4; All Area Basketball 3, 4; All Tourney Basketball 4; Eighth Grade Basketball; Track 8; Baseball 3, 4; All District Basketball 3, 4; Varsity Club 2, 3, 4.

Delbert Lee Reynolds





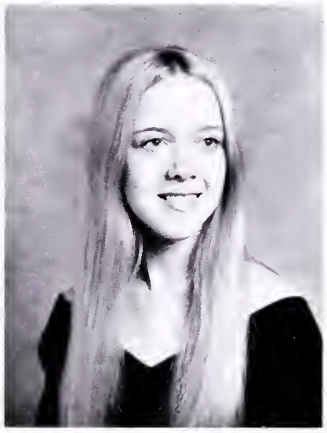
John Kevin Rice
J.V. Football 8, 1; Indoor Track 2, 3; Tennis 3, 4; Hi-Y 3, 4, Secretary 4; Beta Club 3, 4; Jr. Beta Club 2; Key Club 2, 3, 4; K.V.G. 2, 3, 4; Class Treasurer 8; Band 8, 4.

Billy Ray Rucker
Senior-Faculty Basketball; Jr. Beta Club 2; K.V.G. 2, 3.

A Stream That Gives You Courage

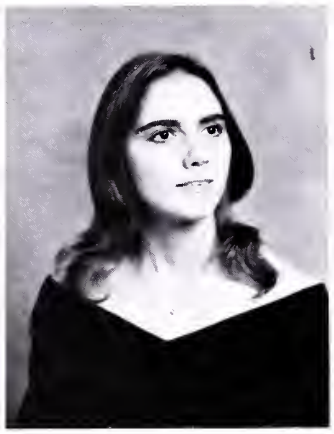
Ronnie Gene Saville
J.V. Football 1; Eighth Grade Basketball; Hi-Y K.V.G. 2, 3; Senior Play.

Keith Hileman Simmons
Eighth Grade Basketball; Wrestling 1, 2, 3; Go 2, 3, 4; Baseball; Varsity Club 1, 2, 3, 4.



Jill Tammi Smethers
Volleyball 2; Tour Group 2.

Cindy Sue Spangler



Patricia Jean Spellman

Roxane Terry
Girl's Track 1, 2; Girl's All District Track 2; Girl's Regional Track 1; S.G.A. 8, 1, 3; F.B.L.A. 4.

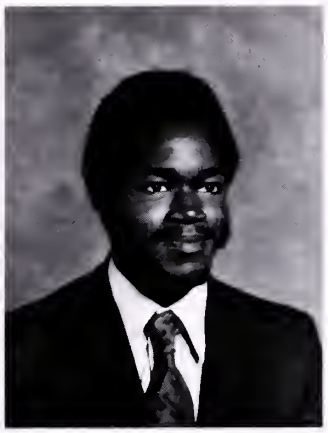
Ellen Kay Tucker
Girl's Track 1, 2, 3; Indoor Track 3; S.G.A. 3; Jr. Beta Club 1, 2, Treasurer 1, 2; Varsity Club 1, 2, 3; Girl's Regional Track 1, 2, 3; Class President 3; Class Treasurer 4; Senior Play.

Joanne Lynn Unroe
Girl's Track 1, 2, 3; Girl's District Track 1, 2, 3; Girl's Regional Track 1, 2, 3; Senior-Faculty Basketball; Cheerleading 8, 1; Jr. Beta Club 1, 2; Beta Club 3, 4; Varsity Club 1, 2, 3, 4; Serving Girl 3; Pep Club 1; Band 3; F.B.L.A. 4; Senior Play.

and Willingness to Strive for the Best

Suzanne Ilene Valenzuela
Jr. Beta Club 1, 2; Beta Club 4; Senior Play.

John Pieter Van Beek
J.V. Football 8, 1, 2; Wrestling 2, 3; Tennis 1, 2, 3, 4, Captain 4; Band 8, 1, 2; All Area Band 8, 2; SGA 1; Hi-Y 2, 3, 4; Jr. Beta Club 1, 2; Beta Club 3, 4; Varsity Club 2, 3, 4; Key Club 2, 3, 4.



Terry Lee Waddy
Tennis 2; Beta Club 3; F.B.L.A. 4; "Who's Who in American High Schools" 3; Senior Play.

William Albert Waddy
Varsity Football 4; J.V. Basketball 8, 1; Varsity Basketball 2, 4, Co-Captain 4; Boy's Track 2, 4; Varsity Club 2, 3, 4; Key Club 4.

Seniors advance and speak out.

Our Lives are Flowing Streams of Time

Teresa Lynn Walker

Ricky Weaver

Cyrill Omar Webb

Karen Denise White
Tri-Hi-Y 4; Jr. Beta Club 2; Beta Club 3, 4; Office Page 4; Senior Play.

Seniors excel in the band.

David takes a rest break.

Leading to Happiness and Love

Thomas Brian Woods
.V. Football 8, 1; Varsity Football 2, 3, 4; Eighth ;rade Basketball; Baseball 1, 2, 3, 4; All District ;aseball 3; S.G.A. 8; K.V.G. 2, 3, 4; Jr. Beta Club 1, ; Beta Club 3, 4; Varsity Club 2, 3, 4; Key Club 2, , 4; All District Football

Joy Denise Wills
Pep Club 1; F.B.L.A. 4; Senior Play, Usher.

Faculty cheerleaders have really got the spirit.

Senior girls show their talents!

Seniors Surprise Success

Breaking tradition, the senior English class sat down and decided to write a play. After long hours of arguments over character's names and plots, the play was organized into a hilarious comedy about two unprepared hikers who thought they found a treasure map. Soon, other visitors at Douthat State Park, the location of the play, heard about the treasure and so became interested. The result was a surprise to all, including the cast.

The seniors hope that some day they can obtain a copyright for their play. Look out Hollywood, here we come.

Cast Of Characters

Keven	*Two Forgetful Campers*	*Blair Grimm*
Alex		*John Van Beek*
Coleen	*Members of the YCC*	*Kandi Johnson*
Carol		*Suzanne Valenzuela*
Kathy		*Cindy Crumb*
Dave		*Marion Nicely*
Brenda		*Lisa Bryan*
Sarah		*Karen Megginson*
Beth		*Nancy Mason*
Vicki		*Lisa Finestone*
Sally Jo	*Three Hikers*	*Martha Peters*
Charlotte		*Tammy Conner*
Hiker		*Alex Gochenour*
Rachel	*Boat Dock Attendant*	*Kate McMullan*
Judy	*Boat Customers*	*Chaquita Lewis*
Fred		*Sam Ballou*
Rocky		*Kevin Rice*
Nimrod	*Wise Old Man*	*Larry Mattox*
Sheila	*A Flirt*	*Jeanette Lawler*
Edward	*Sheila's Boyfriend*	*Ricky Powell*
Ranger		*Roddie MacKay*
Silk	*A Razzle Dazzle Person*	*Linwood Alston*
Rosie	*Silk's Girlfriend*	*Linda Hollins*
Patty	*Silk's Other Girlfriend*	*Karen White*
Squirrel	*Good Time Fisherman*	*Pam Clark*
Barney	*Another Good Time Fisherman*	*Joanne Unroe*

Senior

FRIENDLIEST: *Marion Nicely and Cindy Crumb.*

WITTIEST:
Denise Johnson and
Alex Gochenour

BEST ALL AROUND:
Martha Peters and
Terry Nicely

MOST ATHLETIC:
Catherine Hughes and
Glenn Megginson

Superlatives

MOST TALENTED: Kate McMullan and John Van Beek.

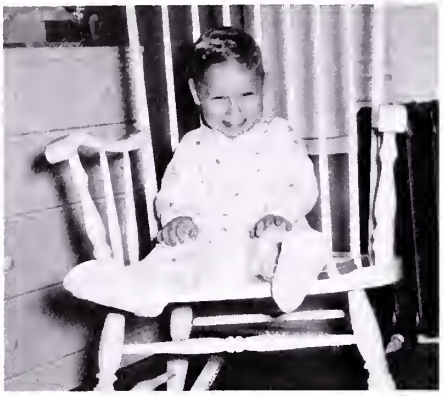
MOST LIKELY TO SUCCEED:
Suzanne Valenzuela and
Jimmy Cantrel

MOST SCHOOL SPIRITED:
Ellen Tucker and
Blair Grimm

BEST LOOKING:
Roderick MacKay and
Susan Hall

CFHS Seniors

Kate McMullan

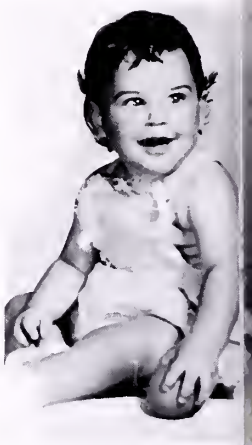


Larry Mattox

Eva Darnell

Deborah and Pamela Mason

Glenn Megginson



Pam Clark

Cindy Spangler

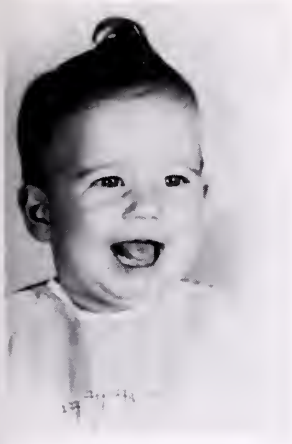
Lisa Bryan

Rita Gibson

David McClung

Left: Donna Porter Harlow

As They Were Toddlers



Kandi Johnson

Lisa Finestone

Lawrence Berry

Joanne Unroe

Gloria Pendleton

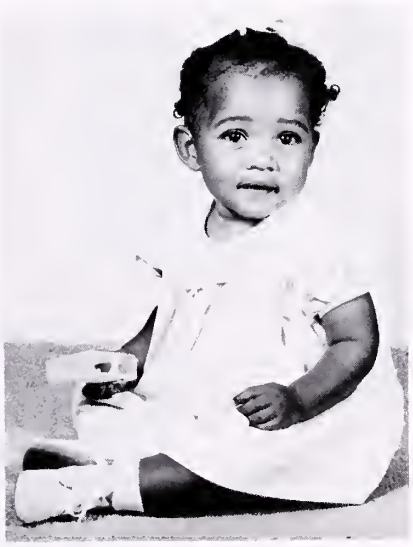
Cheryl Nicely

Susan Caldwell

Martha Peters

Karen White

Susan Hall



Karen Megginson

Sandy Miller

In The Past

David Bistoudeau

Jill Smethers

Ellen Tucker

Lisa Easter

Bessie Phillips

Barbara Mays

Tammy Conner

Joy Wills

Blair Grimm

Roxanne Terry Unroe

Karen Kimberlin

Jimmy Cantrell ***(right)***

Teresa Walker

Right: *Jeanette Lawler*

A Visit To The "King"

Silent figures moved slowly through the dark, looking for something . . . Something that's yellow and has four wheels. No doubt — the school bus. And the figures were tired Seniors loading their bus bound for their trip to King's Dominion in Doswell.

Despite the freezing weather, which no one was prepared for, the Seniors started moving about King's Dominion, most of them heading for the EAT'S to quiet their grumbling stomachs. Then, high times started, and everyone scattered — looking for roller coaster rides and souvenir shops.

Full of cotton candy, candy apples, and who knows what else, the Seniors clammered onto the bus for their long trip home. Flying spitballs, chewing tobacco, and orange peels kept everyone awake. Also, the front of the bus constantly screamed for less heat, while the back of the bus froze. So the battles of "to be heated or not to be heated" livened the trip.

When you visit the "King," be sure to wear your long, warm robes.

Senior Picnic

"Different Strokes for Different Folks"

The time was 4:00 p.m., cars arrived, and C.F.H.S. Seniors climbed out, dressed in shorts, T shirts, and tennis shoes. Frisbees were thrown everywhere. Is this any way to attend the Senior Banquet? Of course not. Instead of having the usual Senior Banquet, the seniors of 76 decided to be different by having a picnic at Douthat State Park. The change paid off as everyone, including the faculty, had a superb time. After all had finished eating "finger-lickin'—good" chicken and cakes, they marched down to the beach for a sandy softball game. The star catcher was Mrs. Vanlear while Mrs. Morris struck out each batter. Soon, the softball players went crazy as they all played football instead of softball as a few members pulled innocent and unsuspecting victims down to the sand.

The picnickers were all sad to see the day end. Even today the seniors are still trying to get sand out of their hair, ears, and clothes . . .

C.F.H.S. Class Night

PROGRAM

Welcome	*Martha Peters*
Song	*Class President*
	"We've Only Just Begun"
Class History	*Lisa Finestone and*
	Marion Nicely
Song	*"Wake Up Everybody"*
Presentation of Gifts	
Class Poems	*Cindy Crumb*
	Susan Hall
	Karen Megginson
Song	*"He Ain't Heavy, He's My Brother"*
Presentation of Gifts	
Class Prophecy	*Cathy Hughes and Jimmy Cantrell*
Last Will and Testament	*Karen White and John Van Beek*
Song	*"The Way We Were"*
Farewell	*Martha Peters*

Wonderland Of Decorations

Dancing with that special someone adds to the enchantment.

"Stairway to Heaven" was the prevailing theme for the 1976 Junior-Senior Prom. Yes, once again the Armory was constructed into a wonderland of decorations.

As couples walked down the garden path that led to the heavenly setting the enchantment was just the beginning of a night that was to be filled with romance and fun. For many couples the atmosphere created a world just for themselves. Adding to the fun, Odyessey provided dancing entertainment for all.

"Stairway to Heaven" helped happily conclude many of the seniors high school days. Everyone can be proud of the Juniors for creating a night that will never be forgotten in the minds of many students. The time and effort was successfully illuminated on May 15, 1976.

As Prom night ended, the guests found it quite difficult to leave the heavenly wonderland. Instead of wanting to return to earthly realism, nearly everyone wanted to reach the peak of "Stairway to Heaven."

Couples dance during a night to remember.

Provide Prom Setting

Serving Girls: Tammy McCoy, Becky Downs, Anne Wolfe, Frances Duff, Dale Armstrong and Ellen Jeffries.

Martha and Rufus pose in front of memorable staircase.

Couples take a rest from dancing.

Faculty members look happy and pleased with the Prom.

Live entertainment adds to the excitement and fun.

Anne and Kandi look pretty as they pose with their dates.

C.F.H.S. Commencement
Class of 1976

Processional	*Pomp and Circumstance*
Invocation	*Dr. Herbert Hicks* *Pastor, First Christian Church* *Clifton Forge, Va.*
Salutatory	*The Obedient Society* *Miss Lisa Shelia Finestone*
Song	*Selection By The Class*
Awarding Prizes	*Mr. Arthur Gail Totten* *Principal, Clifton Forge High School*
Awarding Diplomas	*Mr. Arthur Gail Totten* *and Mr. Edward D. Strong,* *Assistant Principal, Clifton Forge High School*
Song	*"Alma Mater"* *By the Class*
Recessional	*"Pomp and Circumstance"*

Mrs. Clift and Mrs. Griggs are proud of their Senior Class.

Receiving Of Diplomas

Cindy gives a big smile for her diploma.

Nancy reaches out toward the future.

David can't believe his twelve years are finally up.

Pam gratefully shakes hands with Mr. Totten.

A little clowning around.

Handshakes For The Future

A new beginning for us all.

Rufus just grins and bears it.

SENIORS

Will the excitement ever end?

The long awaited moment has arrived.

An Ending That Will Never Be Forgotten

Cathy is stepping high for the celebration.

Good thoughts for a promising future.

Kate gets that cap on straight!

ELECTRICAL
MOVING
CLIFTON FORGE
HIGH SCHOOL
BAND
CLIFTON FORGE
VIRGINIA

Alleghanian Staff

Left to right: ***Seated:*** *Mrs. Morris, Sponsor; Karen Megginson, Co-Editor; Mike Wright, Co-Editor; Debbie Nicely, Business Manager; Kate McMullan, Co-Photographer; Debbie Wilcher, Co-Photographer.* ***Standing, 1st Row:*** *Carol Calhoun, Annette Anderson, Diane Chenault, Winona Bayne, Becky Edmunds, Alice Murray, Mary Kay Unroe, Tracey Smith, Lisa Finestone, Ellen Jeffries.* ***2nd Row:*** *Kathie McMillion, Bonnie Dotson, Sally Wolfe, Roy Cooper, Blair Grimm, Karen Scott, Tammy Connor, Anne Wolfe.*

SUPERSCRIPTION

"Where are those baby pictures for the Seniors?"
"Are those ten layouts done yet?"
"What about the copy? Something needs to be said about the Senior Trip!"
"You all better quit this noise or just leave. This is a library and libraries need to be quiet, even while an Alleghanian meeting is going on."

These are familiar sounds to all workers on the yearbook staff. The staff goes to much trouble to put out a good yearbook for the school. Unfortunately, not too many students realize this. In fact, subscriptions were so low that there was the danger of ***no*** *annual for 1975-76. But some students saw just how important and memorable the Alleghanian is, so they immediately took out their pens and signed up for an annual. Three cheers for them. The 1975-76 yearbook staff did a very good job summing up another year at C.F.H.S.*

Toils Diligently

Mrs. Morris helps supervise concessions to raise money for the Yearbook. Don't work too hard Mrs. Morris!

Martha busily counts subscriptions and checks on ads for the yearbook.

Annette and Lisa enjoy working on layouts and copy.

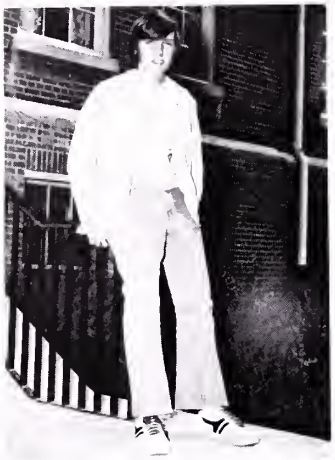
Karen and Mike, Co-editors, work hard putting the finishing touches on the Alleghanian.

Honored

DAR Award: Lisa Finestone

Forensics: Mike Wright

Regional Track: Mark Ford and Tony Brown.



Patrick Henry Oratorial Award: John Hodgen.

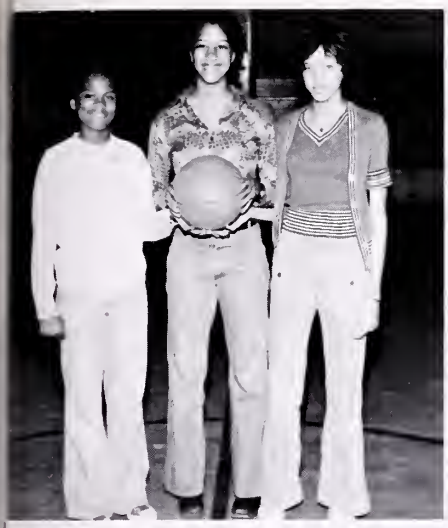
Governor's School for the Gifted: Sally Wolfe.

Boys State — Girls State: Danny Campbell, Becky Edmonds, Trudie Lacey, Tim Fitzgerald.

Top Fifteen Seniors
Suzanne Valenzuela, Lisa Finestone, Martha Peters, Jeanette Lawler, Mike Armstrong, Cheryl Nicely, Karen Megginson, William Waddy, Jimmy Cantrell, Nancy Campbell, Kate McMullan, Susan Hall, Alex Gochenour, Bessie Phillips, and Brian Woods.

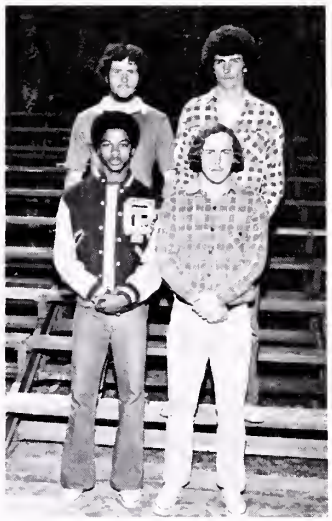
All District, All Area, and All Tournament Basketball Teams: Clarence Reynolds.

Music, Athletics, and Citizenship



Girls All Regional Basketball: Mabel Reynolds, Trudie Lacey and Cathy Hughes.

DAR AWARD: Susan Hall



All District Football: Terry Nicely, Lawrence Berry, Glenn Megginson and Richard Gibson.

Betty Crocker Homemaking Award: Lisa Easter.

Bicentennial Youth Debate Award: Jeanette Lawler

Valedictorian: Suzanne Valenzuela. Salutatorian: Lisa Finestone.

ARION AWARD: Katherine McMullan

Girls Regional Track: Trudie Lacey and Susie Crawford. Girls State Track: Trudie Lacey.

Boys Regional and District Track: Mark Ford and Tony Brown. New Regional Record, Long Jump: Tony Brown.

Drama Club Works Hard

First Row: *Lisa Finestone, Mike Wright, Debbie Dobbs, Debbie Hunington.* ***Second Row:*** *Jeanette Lawler, Linwood Alston, Leigh Grimm, Kate McMullan.* ***Third Row:*** *Jimmy Hogg, Marion Nicely, Kathy Valenzuela.* ***Fourth Row:*** *Jane Wickline, Roy Cooper, Kevin Forbes, Blair Grimm.*

"AN INTERRUPTED SEASON" — A Comedy-Mystery, 3 Acts
Written and produced by the Drama Club of 1975-1976

Act I
Scene I . . . . . *Tryouts for "Brides Bouquet", a comedy mystery written by* _____.
Scene II . . . . . *Nightly rehearsals for three-act performance.*
Scene III . . . . . *Successful performance of the play "Brides Bouquet" by some of the Drama Club members.*
Intermission . . . . . *Count money and discover there is a possibility of buying stage lights.*
Act II
Scene I . . . . . *Mrs. Adlis, sponsor and director, has to leave school.*
Scene II . . . . . *Tryouts held for new sponsor . . . no one shows up.*
Intermission . . . . . *Drama Club worries and screams help.*
Act III
Scene I . . . . . *Mrs. Bridgers takes pity and rescues Drama Club.*
Scene II . . . . . *Meeting of club to plan to see plays performed.*
Scene III . . . . . *Drama Club predicts great plays for the fall. Look out, Broadway.*

Mrs. Adlis is always solving problems.

No need to worry; everything is under control.

Is the mystery solved?

Don't shoot, please don't shoot.

Betas Sell Mountie Buttons

Left to right: 1st Row: Mrs. Vanlear, sponsor; Jimmy Cantrell, Susan Hall, Martha Peters, Michael Armstrong. 2nd Row: Lisa Finestone, Jeanette Lawler, Mike Wright, Teresa Parks, Kate McMullan. 3rd Row: Linda Hollins, Cheryl Nicely, Teresa Marshall, Karen Scott, Carol Calhoun, Suzanne Valenzuela, Blair Grimm. 4th Row: Debbie Wilcher, Tracey Smith, Karen Megginson, Becky Edmunds, Martha Manner, Jeff Wright, Robin Yopp, Trudie Lacey, Christy Putnam, Annette Anderson, Patty Stull, Lisa Eastes. 5th Row: Joanne Unroe, Page Kroger, Ellen Tucker, Matthew O'Conner, Dennis Huffman, Karen White, Pam Mason, Elizabeth Monroe, Cindy Spangler. 6th Row: Alex Gochenour, Marion Nicely, Tim Fitzgerald, John Vanbeek, Brian Woods, Kevin Rice, Mark Ford, Keith Simmons, Danny Campbell, Sally Wolfe.

A member of the Beta Club denotes a person of outstanding character and achievement. The Beta Club is perhaps the most honored organization of any school.

The C.F.H.S. Beta Club enjoyed an active year. In October the annual tapping ceremony, led by President Jimmy Cantrell, inducted many juniors into the club. There were two main money-making projects for the school year. During Football and Basketball season the Beta Club sold Mountie buttons to boost the spirit of the student body. Two bake sales were also held.

As a Christmas tradition, the club gave a needy family a food basket to cheer their holiday spirit. This is one of the ways the club serves the community.

In January, six Beta members attended the Virginia State Beta Club Convention held at Hotel Roanoke. Knowledge was gained concerning community affairs, bicentennial projects, and other interests.

The year ended with three Beta Club members attending Klassroom Kwiz. Jimmy Cantrell, Suzanne Valenzuela, and Lisa Finestone showed a fine representation of our School.

Six Beta members along with Mrs. VanLear attended the Beta Club Convention.

Junior Beta Club Honors Students

Left to right: 1st Row: *A.L. Mansfield, Sponsor; Anne Wolfe, Annette Martin, Julia Hayslett, Alice Murray, Becky Downs, Dale Armstrong.* ***2nd Row:*** *Winona Bayne, Ann Johnson, Diane Chenault, Nancy Allen, Katherine Kostel, Debby Huntington.* ***3rd Row:*** *Patricia Whitmer, Christine Duff, Roy Cooper, Kevin Forbes, Meade Edmunds, Donald Hickenbotham, Amelia Truett, Cheryl Burks.*

The Junior Beta Club is an organization at Clifton Forge High School which honors certain students in the ninth and tenth grades. The objectives of this service organization are as follows: to encourage students to continue their efforts, to promote good character, to stimulate achievement among its members, and to encourage students to continue their education after high school graduation.

Under the guidance of Miss Louise Mansfield, the club's main project for the year was distributing Easter baskets containing canned goods, fresh fruits, vegetables, and meats to two under privileged families.

This year there were a total of twenty-one members in the club. Eleven of these members were welcomed into the club at the beginning of the year.

Students Active in Government

Left to right, 1st Row: Vice President, Martha Manner; Secretary, Patricia Whitmer; Treasurer Debbie Nicely; Parliamentarian Robin Yopp. 2nd Row: Susan Hall, Jean McKay, Todd Tucker, Julia Hayslett, Erica Washington, Vanessa Cooper, Carrie Hardy, Barbara Gibson, Elizabeth Wood Ellen Jeffries, Lisa Finestone, Mike Wright. 3rd Row: David Bistoudeau, Frances Duff, Diane Nicely, Rebecca Downs, Dale Armstrong, Alice Murray, Kim Goode, Teresa Burks, Becky Edmunds, Martha Peters, Tracey Smith, Karen Megginson. 4th Row: Van Morris, Lawrence Berry, Roy Cooper, David Chambers, Glenn Megginson, Matthew O'Conner, Jim Cantrell, Leigh Grimm, Sally Wolfe, Anne Wolfe, Meade Edmunds Donald Hickenbotham, Amy Rice.

Sam and Tracey sell school supplies.

The Student Government Association is made up entirely of students who give the students' point of view on important school issues. Mrs. Lopez was the new sponsor this year and she worked very hard in the interest of the club.

The S.G.A. was in debt and spent a lot of time trying to earn money. The club had a bake sale and also sold school supplies. The most popular event they sponsored was a concert for the student body by "Freefare."

During Homecoming the S.G.A. gave prizes for the hall decorating contests and also gave flowers to the queen and her court.

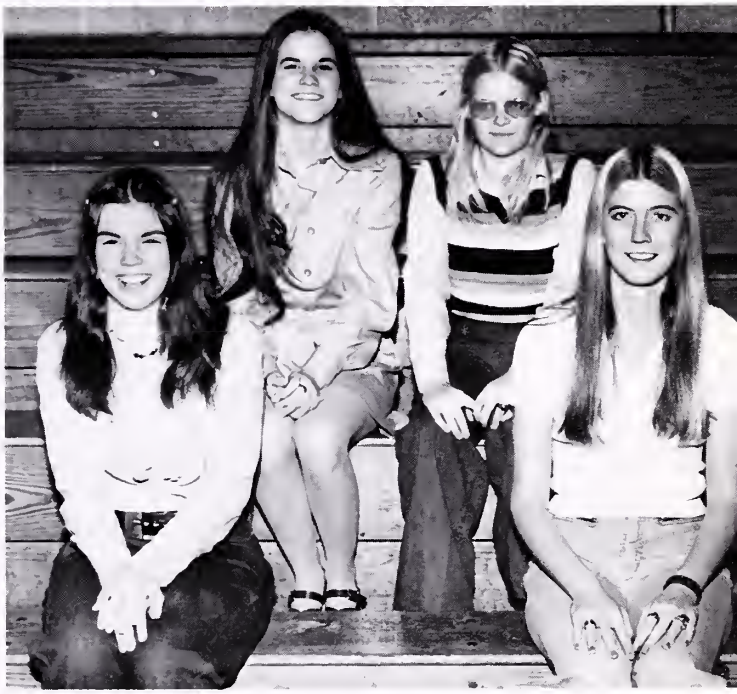
This year's officers were: President — Sam Ballou, Vice-President — Martha Manner, Secretary — Patricia Whitmer, Treasurer — Debbie Nicely and Parliamentarian — Robin Yopp.

Tri-Hi-Y Is An Involved Club

Left to right: *1st Row: Mrs. Clift, Sponsor; Elizabeth Monroe, Robin Yopp, Martha Peters, Annette Anderson, Becky Edmunds, Tracey Smith.* ***2nd Row:*** *Karen Megginson, Karen White, Christy Putnam, Terry Putnam, Karen Scott, Carol Calhoun, Teresa Marshall.* ***3rd Row:*** *Anne Gaither, Debbie Nicely, Sally Wolfe, Martha Manner, Debbie Wilcher.*

This year the Tri-Hi-Y stayed very busy doing a variety of things. At the beginning of the year, a representative spoke to the girls about the meaning and many services of the club. In February, they set aside a week for "Heart Sisters," and they exchanged gifts. In April, Kandi Johnson, Kate McMullan, Christy Putnam, and Elizabeth Monroe attended the Model General Assembly in Richmond. The girls really enjoyed themselves and gained a great deal of knowledge.

M.G.A. Representatives: Judy Burrus, Christy Putnam, Katana Johnson, Kate McMullan.



Officers: President, Susan Hall; Vice-President, Martha Peters; Secretary, Kate McMullan; Chaplain Katana Johnson.

Jr.-Tri-Hi-Y Meets Requirements For The ACE Awara

***Left to Right:** 1st Row: Mrs. Woods, Rebecca Downs, Dale Armstrong, Anne Wolfe, Ellen Jeffries, Amy Rice, Annette Martin. **2nd Row:** Patricia Whitmer, Amelia Truitt, Ann Johnson, Alice Murray, Kathryn Kostel, Tammy McCoy, Barbara Gibson, Kathy McMillian, Mary Unroe, Diane Chenault, Kathy Nicely.*

Club members are taught the basics of good grooming.

The Junior Tri-Hi-Y is a club at C.F.H.S. which is a Christian Service Organization that provides fellowship among its members and tries to promote leadership. Its activities include school service projects, Community Projects, and increasing personal fun and growth.

Serving the school, the club members decorated the School Bulletin Board at Thanksgiving, put up and decorated a Christmas tree for the front hall during the Holiday season, and provided flags and flag holders for each classroom.

As for the Community, the Jr.-Tri-Hi-Y generously gave a food basket to a needy family at Christmas.

An excellent program on grooming was presented by a prominent figure who was quite educated on cosmetics, styles, etc. The club also participated in the Heart Sister Program to get to know each other better.

After meeting all of the necessary requirements, the Jr.-Tri-Hi-Y was quite honored to receive the ACE Award from the district.

Key Club Active In Bloodmobile

***1st Row:** Left to right: Mr. Krol, sponsor, Paul Rice, Tony Smith, Jimmy Drewy, Keith Simmons, Roddy MacKay, Sam Ballou, Ricky Powell, Mark Ford, Brian Woods, Terry Nicely, Marion Nicely, Kevin Rice, Lawrence Berry, Danny Campbell, David Chambers, David Bistoudeau, John Van Beek, David Nicely, Corbett Drumheller, David Wilson, William Waddy, Tim Fitzgerald. **Sitting:** Blair Grimm, Glenn Megginson.*

This year's Key Club increased in size but was rather inactive. The club led by Richard Krol took part in the Bloodmobile program in Clifton Forge as a community service. The Key Club looks forward to a more active year next year.

C.F.H.S. Hi-Y Club
***1st Row:** Left to right: Kevin Rice, Marion Nicely, Sam Ballou, John Van Beek. **2nd Row:** Tim Backels, Roddy MacKay, Blair Grimm, Danny Campbell, Sidney Dobbs, David Nicely.*

Although inactive, the Hi-Y Club was in existence at Clifton Forge High School during the 1975-1976 school year. The Hi-Y usually performs community services but activity proved to be decreasing this year due to lack of a sponsor for the club. This club also hopes for a better time next year.

Busy Homemakers at CFHS

Left to right: Seated: Mrs. Anderson, Sponsor; Suzanne Van Beek, President; Mary Kay Unroe, Vice President; Chaquita Lewis, Secretary; Cat Hughes, Treasurer. Standing: Susie Reynolds, Donna Stovall, Bonnie Dotson, Kathryn Valenzuela, Kathy Nicely.

An Easter message is delivered to the student body.

Louise Morris sings an Easter hymn.

This year the Clifton Forge High School Chapter of the Future Homemakers of America had as its main aims two objectives: Living for others and getting involved in the community. Having set these aims the organization immediately started caring more for the older people of the area.

The members of the FHA accomplished their aims by having many projects. One of the projects that the FHA participated in concerned Valentines Day. The FHA fixed nut cups and Valentine cards for the Senior Citizens of Clifton Forge. This project was a success, as were many other projects.

This year the FHA hosted the annual Easter Assembly at C.F.H.S. The program had as its guest speaker, Mr. Lauren Olson. After his message, Louise Morris gave a vocal solo. The student body also heard a piano solo from Kate McMullan.

At the spring Awards Assembly, Lisa Easter received the Betty Crocker Homemaking Award.

Varsity Club Honors Athletes

1st Row: Left to Right: *Tim Kimberlin, Lisa Bryan, Kim Goode, Becky Edmunds, Ann Wolfe, Becky Downs, Susan Hall, Teresa Burks, Cathy Hughes, Demetres Barnette.* ***2nd Row:*** *Trudie Lacey, Susie Crawford, Christy Putnam, Tracey Smith, Robin Yopp, Teresa Marshall, Pattie Chambers.* ***3rd Row:*** *Ann Gaither, Kandi Johnson, John Van Beek, Sam Ballou, Jeff Wright, George Dobbs, Darryl McMillion, Sally Wolfe, David Bistodeau.* ***4th Row:*** *Willis Nicholos, Tony Martin, Ellen Tucker, Roddy MacKay, Lawrence Berry, Blair Grimm, Terry Nicely, Ernie Peer, Marion Nicely, Mark Ford, Danny Campbell.* ***5th Row:*** *Mike Johnson, Russell Roland, Clarence Reynolds, Glenn Megginson, Ricky Pendleton, Mason Layne, James Drewy, Sidney Dobbs, James Cantrell, Brian Woods, Martha Peters, Paul Boucher, Keith Simmons, Elizabeth Monroe, Tony Smith, Barry Caldwell.*

An Athletic Awards Assembly is held twice during the school year in order to honor students who participate in the sports program at C.F.H.S. Those students who earn letters or bars gain membership into the Varsity Club. Although the Varsity Club is inactive it is an honor to be a member of this organization.

Cheerleaders and Football players are honored in the Varsity Club.

Forensics . . . Competition, Meeting People, Improving Talents

Left to right: *Mike Wright, Nancy Allen, Kathryn Kostel, Mrs. Snead, Alice Murray, Jeanette Lawler, Page Kroger, Eva Parnell, Debbie Huntington, Diane Chenault.*

Each year the Virginia High School League sponsors District, Regional, and State Competition for students participating in Forensic Activities. The Forensics program is designed for students with varied interests. A student may participate in any one of the following activities: Poetry, Prose, Extemporaneous speaking, Original Oratory, or Spelling. Each person participating prepares many weeks before the District meet.

This year many students represented C.F.H.S. at the District Meet which was held at Covington High School. Participating in Girls Prose, Eva Darnell captured third place. Mike Wright earned second place at the District Meet and went on to win first place at the Regionals in Rustburg. Mike advanced to the State level which was held at UVA. Although he did not place in the top two, his prose selection was read to perfection. It is hoped that many students from our school will show interest in Forensics next year.

Mike enjoys taking part in Forensics.

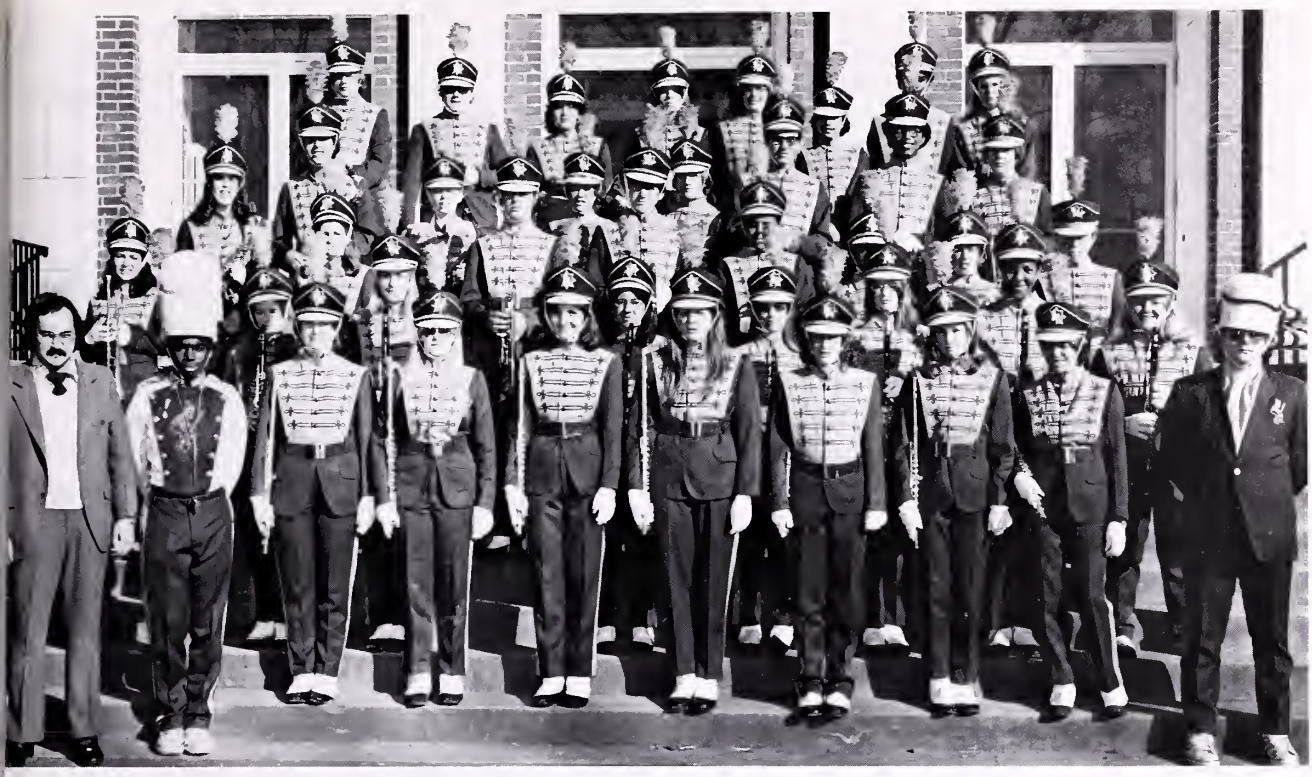
Fire Fighters Have An Important Duty

*Left to right, **1st Row:** Rita Gibson, Roddy MacKay, John Van Beek, Sam Ballou, Karen Scott, Robin Yopp, Christy Putnam, Gene Carter, Neil Zimmerman, Suzanne Thompson. **2nd Row:** Kandi Johnson, Anne Johnson, Lisa Bryan, Tommy Persinger, Blair Grimm, David Bistoudeau, Paul Boucher, Leo Boucher. **3rd Row:** Jeff Wright, Matthew O'Conner, Ricky Pendelton, Glenn Megginson, Willis Nicholos, Mason Layne, Jack Simpson. **4th Row:** Dennis Huffman, Tony Martin, Terry Nicely, Marion Nicely, David Clark, Danny Campbell, Jimmy Drewery, Tony Smith. **5th Row:** Ricky Powell, Lawrence Berry, Tim Kimberlin, Mark Ford, Keith Simmons. **6th Row:** Randy Gilbert, Mike Sanders, Kevin Rice, George Dobbs, Chet Howard, Paul Rice, Eddie Morgan, Sidney Dobbs, Barry Caldwell.*

The Keep Virginia Green crew for Clifton Forge High School has a very important duty, this very important group of young men and women are on call every minute of the day, ready to help our Forestry Service in case of a forest fire.

Though the Keep Virginia Green crew hasn't been called upon in a while, the group has been trained by members of the local Forestry Department so they will be ready when called upon to perform an important task in our community, they have been instructed on the use of the fire fighting tools and shown films depicting the many different types of fires. One can be sure the Keep Virginia Green crew will be ready whenever their assistance is needed.

The Magical Band



*eft to **Right, First Row:** B. Director: Larry Hill, Donald Reynolds, Julia Hayslett, Kate McMullan, Vicki Webber, Patricia Whitmer, Deanne orter, Ginny Downs, Kevin Forbes. **Second Row:** Patricia Dameron, Sandra Wade, Lisa Tyree, Susan King, Sheryl Haymaker, Suzanne Thomp-on, Elizabeth Shaffer. **Third Row:** Barbara Gibson, Tina Ballou, Robert Hogg, Chris Campbell, Sybil Hickenbotham, Susan Wallace, Eddie Monroe, Charles Loan. **Fourth Row:** Lisa Finestone, Mike Wright, Stanley Wolfenbarger, Joey Vass, Robert Chenault, David Kay, Roy Cooper, ay Wright. **Fifth Row:** Joel Mattox, Larry Mattox, Debra Dobbs, Leigh Grimm, Lisa Hardy, Lisha Megginson, Van Morris, Rita Morris.*

Once upon a time there was a band who had lost its director. So they marched the streets for days and days, searching for a leader. To pass the time they played their instruments and marched up and down the streets. Soon, a man named Mr. Larry Hill heard the sweet sounds and was so inspired he decided to be their leader.

The band, under their faithful leader Mr. Hill, performed football half-time shows at home and away. The band also played well in the Fall Festival and Shrine Bowl Parades. The band played holiday music when they took a trip on the Alleghany Scenic Railroad.

The musical band returned to their home — Clifton Forge, eager to play for the townspeople. The band again worked day and night. Then, one day, the band presented a pops concert. The towns people were so proud, that they begged for more. So, the musical band also gave a concert in honor of Spring.

Sadly enough, spring left and was replaced by summer who immediately ordered the closing of schools.

And so, my friends, the band lived happily marching ever after.

Left to Right: Cyreita Lewis, Terry Putnam, head, Kathy McMillion, Joyce Merchant, asst. head, Jeanette Lawler.

Seated: Shelly Hall, Robin Tingler, Melissa Pugh, Mary Unroe, Cathy Smith, Cindy Scott. Tree: Terry Bowers, Karen Scott, Robin Yopp.

Left to Right: Carrie Hardy, Diane Combs, Denise O'Connor, Selina Lee, Angela Reynolds, Patrice Jefferson, Tina McCutchen.

ICS

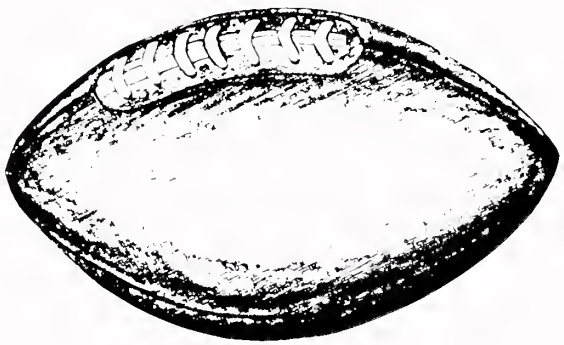
Mounties Show Spirit To The End

The 1975 Varsity Football season started with an experienced team full of high hopes, but it ended disappointingly with a 2-8 record. Although there were several problems, no one could quite figure out what they were. Mistakes such as fumbles and interceptions hurt the team, especially at the beginning of the year.

The brightest spot of the season came with a victory over arch-rivals, Alleghany County High School. Even though it was one of the many games when it rained, the Mountie fans were all smiles because of our 16-7 defeat of the Colts.

This year's team had twelve seniors who the Mounties are sorry to lose. The Tri-captains were Glenn Megginson, Terry Nicely, and Brian Woods.

Next year the Mounties will move to Single A and participate in the Alleghany Highlands District.



Varsity Squad Full Of Experience

"Don't push man. It's our ball."

It takes courage men, Courage.

Mounties attack opponents.

Lets check out the situation.

Attacking is all part of the game.

Mistakes Hurt Mountie Record

Sideline backs up Mountie Squad.

O.K. everybody up. You can't play dead now.

Mounties attack William Byrd opponents.

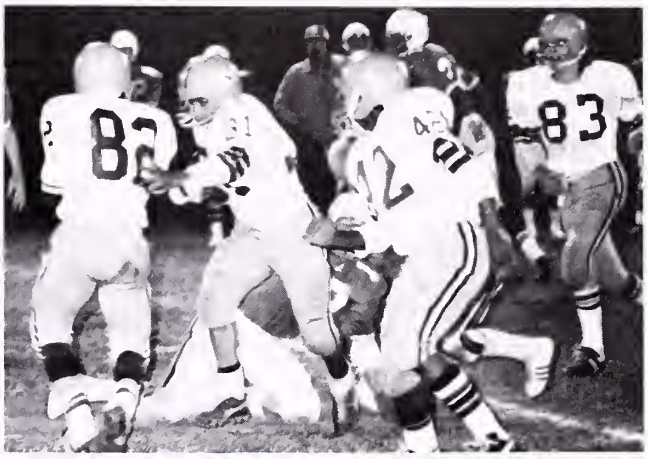
Charge Em Mountaineers.

Get ready for the kick-off.

J.V.s Set High Goals

The C.F.H.S. J.V. Football team enjoyed a very successful year for the 1975-76 season. The 3-5 record did not reflect the learning and progress that took place during the season. Team leaders emerged to show the importance of team unity. Such leaders as Van Morris, Mike Saunders, Todd Tucker, Meade Edmunds, Dale Perry, and Donald Hickenbothem dominated the J.V. team composed of mostly freshmen. Eighth graders also aided the team.

Effort, teamwork, and the desire to win were the goals of the 1975 J.V. Football Team. It is needless to say that these goals were accomplished throughout most of the season.



Perhaps Wheaties gave this Mountie the strength for a breakthrough.

1975 J.V. Football Statistics

C.F.	0	Waynesboro	22
C.F.	20	Lord Botetourt	14
C.F.	6	Alleghany	12
C.F.	42	Bath County	0
C.F.	6	Alleghany	24
C.F.	22	Covington	6
C.F.	12	James River	20
C.F.	0	Covington	14

First Row: *Joe Boucher, James Burger, Mark Persinger, Todd Tucker, Mike West, Scott Smith, Rusty Hamm.* ***Second Row:*** *John Hodgen, Todd Via, Leo Boucher, Steve Merchant, Malcolm Valenzuela, Steve Anderson, Trent Williams.* ***Third Row:*** *Donald Hickobotham, Mark Robertson, Cecil Underwood, Langston Johnson, Dale Perry, Eddie Morgan, Bruce Green.* ***Fourth Row:*** *Meade Edmunds, Jamie Taylor, Van Morris, Henry Barnes, Mike Saunders, Robert Chambers, Morrison Mann, Paul Anama.*

Martha Peters Reigns

HOMECOMING QUEEN 1975
Martha Peters

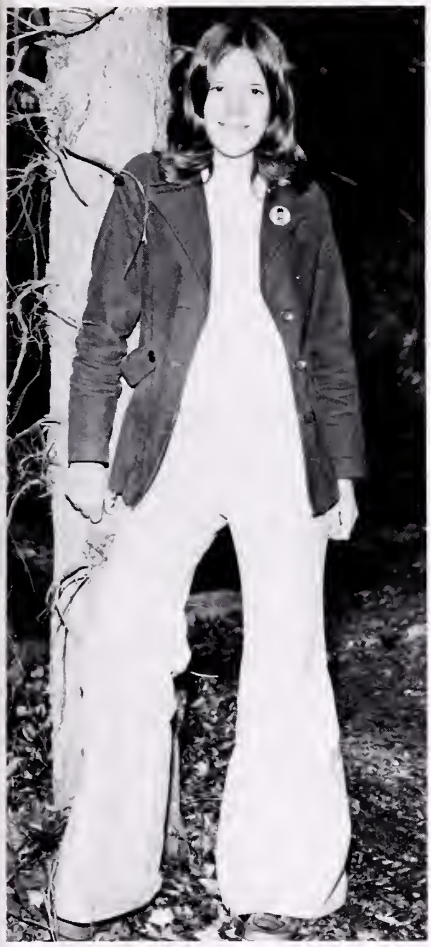
Homecoming at Clifton Forge High School is a time of color and excitement. Excitement not only for the four girls chosen for the Homecoming Court, but also for one senior girl chosen as Queen.

The day turned out to be rainy and overcast and as a result, the parade was cancelled. However, the weather was overlooked and when the game time rolled around the anticipation was at its peak.

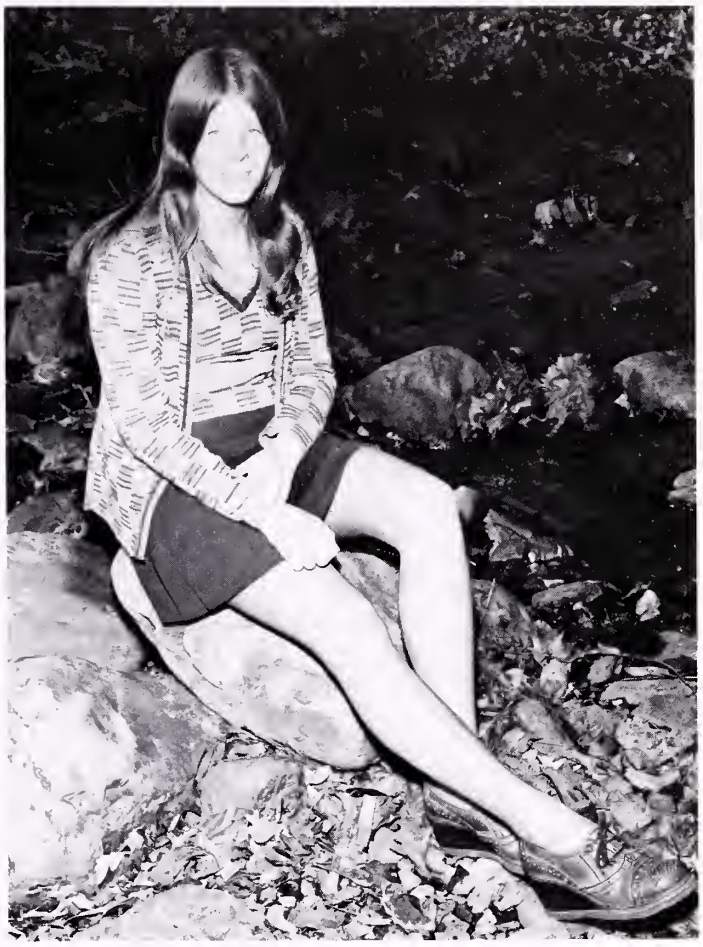
MAID OF HONOR
Becky Edmunds

At halftime five very lovely, excited, and charming girls made their way across the field with their escorts. Unfortunately, the game with William Byrd was lost but the spirit of Homecoming was not, and being a part of the excitement of Homecoming remained a very high honor, and a time looked forward to, year after year by players and fans alike.

As Homecoming Queen



FRESHMAN ATTENDANT
Jean McKay



EIGHTH GRADE ATTENDANT
Leigh Grimm

Glenn Megginson and Brian Woods surround the happy queen.

The Queen and her Court

Mounties Have Overall Good Season

Kneeling: *Matthew Barnette, James Cantrell, Darryl McMillion.* ***Standing:*** *E. C. Trambell, Willie Allen, Jeff Wright, McKinley Peters, Clifford Adams, Willis Nicholas, Lawrence Berry, John Jeffries, Glenn Megginson, Clarence Reynolds, James Ross, Russel Roland, David Bistodeau.*

The Clifton Forge Mountaineers once again competed in the Blue Ridge District this season, winning seven games and losing eleven. Seven main players occupied the court as they shared duties throughout the season.

The two most consistent players were Clarence Reynolds and Clifford Adams. These two players proved to be the nucleus of the team. Several Juniors showed promise during the season. Aubrey Washington, McKinley Peters, and Russel Roland gained a great deal of playing experience.

Outstanding scoring performances were achieved by several players. Lawrence Berry, Clifford Adams, Clarence Reynolds, and Glen Megginson all had at least one outstanding offensive game. Clifford Adams was the leading defensive player.

It is hoped that the returning lettermen and players will reach an even higher level of achievement next year.

Lawrence stretches for the ball.

Mounties Turn In Fair Season

Glenn shoots for two.

Clarence attempts a shot.

1975-1976 Varsity Basketball Statistics

Buena Vista	*63*	*C.F.*	*68*
Andrew Lewis	*90*	*C.F.*	*53*
Natural Bridge	*53*	*C.F.*	*54*
William Byrd	*59*	*C.F.*	*60*
Alleghany	*61*	*C.F.*	*59*
James River	*67*	*C.F.*	*61*
Lexington	*93*	*C.F.*	*87*
Alleghany	*68*	*C.F.*	*78*
Covington	*91*	*C.F.*	*55*
Lord Botetourt	*86*	*C.F.*	*65*
Parry McCleur	*67*	*C.F.*	*81*
Glenvar	*82*	*C.F.*	*77*
Lexington	*56*	*C.F.*	*87*
Andrew Lewis	*65*	*C.F.*	*54*
William Byrd	*69*	*C.F.*	*68*
Alleghany	*66*	*C.F.*	*62*
Lord Botetourt	*60*	*C.F.*	*64*
Glenvar	*70*	*C.F.*	*59*

Lawrence and Cougar opponent vie for the ball.

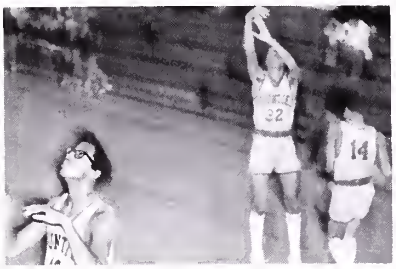
J.V. Team Has a Winning Season

Left to right: Herbie Sams, Manager, Donald Reynolds, Van Morris, Clarence Persinger, Steven Merchant, Roy Cooper, Jack Simpson, Mike Johnson, Leslie Tinsley, Kent Smith, Raymond Watson, Mark Persinger, Steve Anderson, Edward Scott, coach.

The J.V. Basketball Team had a winning season, with their overall record of eleven wins and seven losses. This was the first winning season in several years.

The team displayed outstanding "hustle" and "determination" all year. Team work and defense were the primary strengths of the team. These players should provide a good nucleus for varsity teams in the next two years.

Next year we will look forward to a bigger and better season with more action-packed moments. We hope the fine coaching will continue and most of all we hope for more support from our fans.



Left: Roy awaits the ball.

Below: Steve shoots for two.

1975-1976 STATISTICS

C.F.	43	Parry McClure	41
C.F.	51	Andrew Lewis	57
C.F.	55	Natural Bridge	38
C.F.	50	William Byrd	42
C.F.	41	Lexington	42
C.F.	46	Alleghany	47
C.F.	53	Covington	58
C.F.	49	Lord Botetourt	32
C.F.	54	Parry McClure	39
C.F.	56	Glenvar	54
C.F.	68	Lexington	53
C.F.	63	Andrew Lewis	58
C.F.	.63	William Byrd	62
C.F.	55	Alleghany	46
C.F.	46	Covington	78

Eighth Grade Team Gains Experience

***Kneeling:** Left to right: Joey Vass, Andy Valenzuela, Kenneth Monroe, Jonothan Watson, Trent Williams, Eric Clark, Stanley Wolfenbarger, David Sams. **Standing:** William Heighter, Rusty Hamm, Clifford Johnson, Tommy Cooper, Yancy Humphreys, Yancy Tyler, John Hodgen, Michael West, Stanley Goode, R. Harmon, Coach.*

The Eighth Grade Basketball team trains young men for the J.V. and Varsity teams. To give each member playing xperience during the season, the platoon system was used. This system uses three complete teams, one for each uarter in a game. This method provides action for those with natural talents and for those who wish to develop better alents.

Coach Rodney Harmon was pleased with his team, a very strong defensive club. The future could be extremely bright Basketball at C.F.H.S.

Coach Harmon lectures the team.

Jump ball! Get it! Get it!

Team Has A

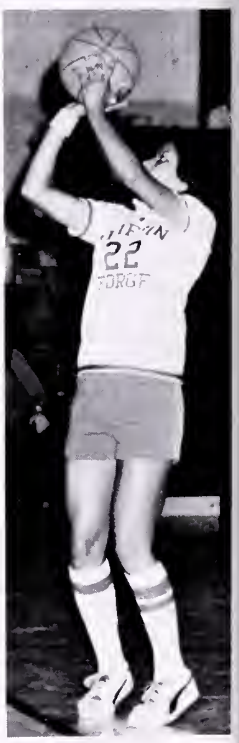
Left to right: Susie Reynolds, Cheryl Burks, Jennifer Hughes, Cathy Hughes, Mrs. Rankin, Trudie Lacey, Patty Chambers, Demetres Barnette, Susie Crawford, Teresa Burks. Sitting: Ameilia Truett and Kathy Valenzuela, managers.

". . . and she goes down for another basket . . . will she make it . . . yes, it's good!!!" This is a typical statement of a sportscaster for the Clifton Forge High School Girl's Varsity Basketball team, coached by Mrs. Cinda Rankin. Clifton's trophy case is quite full thanks to the Mountainettes. The team had an almost undefeated season and went on to become the runners-up in the State AA Tournament.

The C.F.H.S. "five", as the starters were called, started their season winning eleven games straight. They knocked off two schools from the undefeated ranks — Andrew Lewis and Covington. Sadly enough, they lost their last game to William Byrd by a frustrating score of 45-46.

With much power, they then went on to win the Blue Ridge District Championship and the Blue Ridge Tourney. Making room for more trophies, the Mountainettes won the Region III Group AA basketball tournament by defeating Drewry Mason's Spartans and Carver's Trojans. Plowing right through, the team won the first round of the State AA Tournament but lost to Robert E. Lee in the second round.

"So now you have it sport fans" — as Howard Cosell would state. The girls have a superb record of an overall 16-2 win-loss.



Superb Record

BLUE RIDGE DISTRICT CHAMPIONSHIP

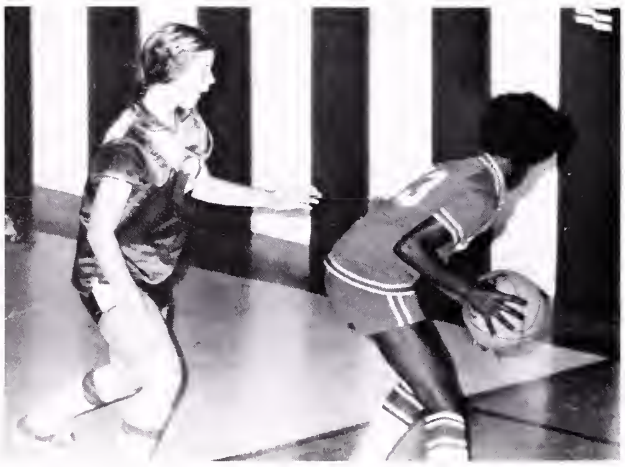
C.F.	*56*	*ALLEGHANY*	*46*
C.F.	*53*	*COVINGTON*	*40*

1975-1976
VARSITY BASKETBALL STATISTICS

C.F.	*50*	*ALLEGHANY*	*34*
C.F.	*60*	*LORD BOTETOURT*	*48*
C.F.	*58*	*ANDREW LEWIS*	*51*
C.F.	*54*	*GLENVAR*	*32*
C.F.	*54*	*COVINGTON*	*42*
C.F.	*53*	*WILLIAM BYRD*	*33*
C.F.	*60*	*ALLEGHANY*	*29*
C.F.	*65*	*LORD BOTETOURT*	*34*
C.F.	*44*	*ANDREW LEWIS*	*30*
C.F.	*62*	*GLENVAR*	*33*
C.F.	*42*	*COVINGTON*	*40*
C.F.	*45*	*WILLIAM BYRD*	*46*

Girls J.V. Team

The C.F.H.S. Girls J.V. Team had a fairly good season. All of the girls worked very hard throughout the entire season. The team, coached by Marlene Bell had a lot of potential and looks forward to a bigger and better season next year.



Track Team Produces Fine Athletes

First Row: *Timmy Kimberland, Paul Boucher, David Rucker, Meade Edmunds, Van Morris, Leo Boucher, David Bistodeau.* ***Second Row:*** *Tony Martin, Mark Ford, William Waddy, Glenn Megginson, David Clark, John Jeffries, Timmy Fitzgerald, David Wilson.* ***Third Row:*** *Coach Donald Buzzard, Paul Rice, Ernie Peer, Tony Brown, Clifford Adams, Dennis Hall, Coach Richard Krol.*

"Brown Bear to Rubber Duck"
"Duck here"
"Did you see what I saw?"
"Yes sir, looks like we got ourselves a convoy!"

Yes, there is a convoy, but this convoy consists of Trackers, not Truckers. The CFHS Track Team, guided by Donald Buzzard and Richard Krol, sped to another winning season, finishing with a 6-3 win/loss record. The team continued their success as they captured third place in the district competition. Eager to keep on running and running, the trackers trucked on, attending the Roanoke Relays, the Buena Vista Relays and the Alleghany Invitational Meets. They placed well in all of them, and this is quite undertaking as they had stiff competition ranging from triple A to single A schools.

"Keep them Trackers running, 10-4."

1976 Varsity Track Statistics

Alleghany	*99*	*C.F.H.S.*	*37*	*(win)*
Natural Bridge	*39½*	*C.F.H.S.*	*36½*	*(win)*
Lord Botetourt	*80½*	*C.F.H.S.*	*55½*	*(loss)*
Covington	*71*	*C.F.H.S.*	*65*	*(loss)*
Glenvar	*75*	*C.F.H.S.*	*61*	*(win)*
William Byrd	*91*	*C.F.H.S.*	*44*	*(loss)*
Covington	*75*	*C.F.H.S.*	*24*	*(win)*
Alleghany	*71*	*C.F.H.S.*	*24*	*(win)*

Buena Vista Relays — 6th place finish
Alleghany Invitational 2nd place to Waynesboro, Alleghany, and Stuarts Draft
District — 3rd place

Glenn and Tony race against their opponents.

J.V. Track Team Has a Good Seasonal Record

Left to right: 1st Row: Kenneth Monroe, Kenneth Moore, Stanley Wolfenbarger, Robert Chenault, Rusty Hamm, Scott Smith, Andy Valenzuela. 2nd Row: Roger Wilson, Donald Hidenbotham, John Hodgens, Jay Wright, Jimmy Burger, Todd Via, Mark Robinson, Leo Voucher. 3rd Row: Donald Buzzard, Meade Edmunds, Chris Campbell, William Hollins, Stephen Mearchant, Henry Barnes, Yancy Tyler, Cecil Underwood, Debbie Nicely, Manager.

"The Untouchables"

Not only has the Junior Varsity Track Team been almost untouchable by many of their competitors, but they have also been unnoticeable. That is, it's time one should give credit where credit is due. Coached by Richard Krol and Donald Buzzard, the J.V. Track team has worked hard, and consequently have the sweat-stained practice shirts as well as their seasonal record to prove it. The team won five meets out of a total of six. They continued to show their talents as they captured third place in the District Meet. Mr. Buzzard and Mr. Krol contribute this success to an overall team balance and cooperation. Keep your eye on these speedsters; they're worth watching.

Van competes in the high jump.

1975-1976 STATISTICS

C.F.	97	Alleghany	29
C.F.	96½	Covington	39½
C.F.	90½	Alleghany	49½
C.F.	90½	Covington	19
C.F.	114	Glenvar	28
C.F.	67	William Byrd	69

Indoor Track Teams Advances To State Meet

Left to right: 1st Row: *Langston Johnson, Alex Gochenhour, Tim Fitzgerald, Paul Boucher, Timothy Kimberlin.* ***2nd Row:*** *Donald Hickenbothan, William Hollins, Mark Ford, David Clark, David Rucker, Anne Wolfe.* ***3rd Row:*** *Mr. Buzzard, Ernie Peer, Meade Edmunds, Mr. Krol, Tony Brown.*

One of the teams which receives very little recognition is the Indoor Track team. There were approximately fifteen men this year under the coaching of Mr. Krol and Mr. Buzzard. They participated in three district meets and in the Buena Vista relays. Clifton Forge was the host for the district meet which was held at Lynchburg College. They went to the State meet held at VMI fieldhouse. Before going to the State they also participated in the Regional meet. Mark Ford placed in the shot put and Tony Brown placed in both the long and triple jumps.

Competition Is Half The Fun!

Ernie makes his mark toward a win.

Tony comes down with a heavy landing.

David puts forth all of his strength for a good showing.

Track Team Produces Fine Athletes

Left to right: 1st Row: Angela Reynolds, Leigh Grimm, Barbara Gibson, Deanne Porter, Amelia Truett, Christine Duff, Patrice Jefferson, Coach; Cinda Rankin. 2nd Row: Trudie Lacey, Susie Crawford, Jane Wickline, Winona Bayne, Kathy Valenzuela, Julia Hayslett, Michelle Hall.

The Girls Track team, coached by Mrs. Rankin, had a very small team consisting of only fourteen members. Although, they had to forfeit many of the events, they still managed to win one meet and to tie in two others. Their only win came when they defeated Alleghany. The girls attended the district meet at Roanoke College. Trudie Lacey and Susie Crawford represented the team at the Regionals, and Miss Lacey went on to the state competition.

Team members check out their scores and clown around.

Trudie completes the high jump.

Girl Thinclads Work Hard

Susie takes a break.

Deanne runs for the finish line.

It isn't always easy!

One small step for Amelia, one giant leap for C.F.H.S.

Volleyball Future Looks Bright

J.V. volleyball team members, Coach, and Managers.

The 1976 Girls Volleyball team, coached by Mrs. Rankin, enjoyed a valuable season. Experience, sportsmanship, and learning were a few of the most relevant values that the team gained.

The final statistics did not indicate all of the early morning practices and effort of the team. Mrs. Rankin commented that as hard as they worked, team members deserved better scores.

Things look much better for the future. Many of the young players who portray an overwhelming amount of potential, should carry the team through to an excellent season. The public will see just what the team has to offer. The sun will shine!

Varsity volleyball team members, Coach and Managers.

Team spirit helps make the game and the team.

Annual Senior-Faculty Basketball Game

Tough faculty defeats seniors.

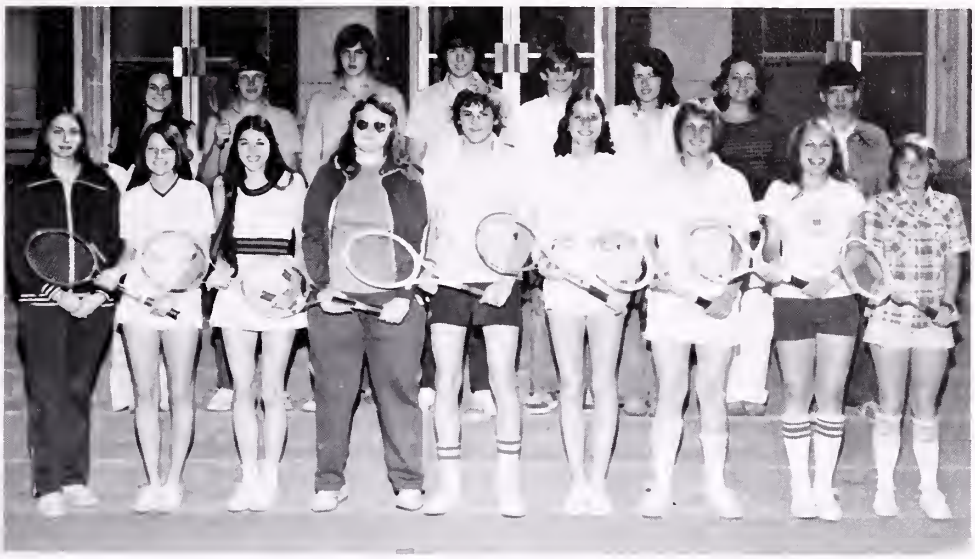
Block that shot Coach Scott!

This past spring the seniors of Clifton Forge High School competed with the faculty in the annual Senior-Faculty Basketball game. This yearly event is played to raise money for the senior class treasury, to help pay for such activities as the Senior Trip, Senior Banquet, and Graduation, the senior team consisted of sixteen young men of the senior class that were defeated by a strong eight man faculty team.

Senior cheerleaders clown around!

Brian attempts a shot.

Tennis Team Has a Poor Season



Left to right, 1st Row: *Ann Sherlorke, Becky Edmunds, Becky Downs, Debbie Wilcher, Matthew O'Conner, Sally Wolfe, Dale Pierry, Dale Armstrong, Patricia Whitmer.* ***2nd Row:*** *Martha Peters, John Van Beek, Kevin Rice, Morrison Manner, Dennis Huffman, Martha Manner, Christy Putnam, Joe Boucher.*

Debbie stands ready for her opponent.

The Tennis Team had a poor season record-wise but gained much experience for next year. Although they didn't win any matches, many people began to show much improvement towards the end of the season due to hard work and the instruction of their new coach, Miss Sherlorke.

The team was fairly young as they only lost three seniors to graduation. They were Martha Peters, Kevin Rice, and John Van Beek, with many players returning and the dropping to Single A, next season should be a good one for C.F.H.S. tennis.

Clifton Forge			Opponent
C.F.	1	Liberty	8
C.F.	0	Andrew Lewis	9
C.F.	2	Covington	7
C.F.	1	Liberty	8
C.F.	0	William Byrd	9
C.F.	4	Alleghany	5
C.F.	1	Glenvar	8
C.F.	2	Alleghany	7
C.F.	3	Covington	6
C.F.	3	Glenvar	6

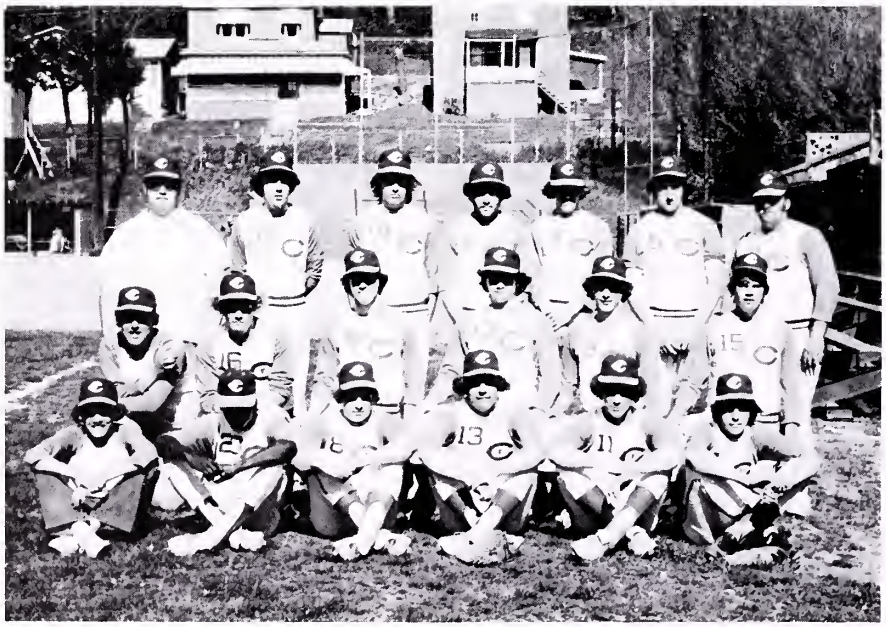
John poses for the other team!

Martha relaxes and takes a serve.

Baseball Team Has 6-7 Record

With seven returning starters from last year, the 1975-76 baseball team possessed much potential. In fact, the team had so much talent that many fans thought they would become the Blue Ridge District Champions. Unfortunately, the teams barely broke even, winding up their season with a 6/7 win/lost record. Probable factors to their record were bad breaks and also adjusting to their new coach — Lou Nagy. But the team had their strong points as well, such as their hitting strength and field experience. In addition, two players received special recognition. Steve Kelly was chosen as best hitter by the teams, while Terry Nicely was chosen as most valuable player. Terry was also selected as an alternate for the Virginia High School League All-Star game. Seeking more fame and fortune, Terry made the First Team All Blue District Outfield.

Even though five seniors have left, five starters will return next year. The team hopes for more support from the people, as we all know everyone needs some type of cheerleading once in a while.



Mounties Full Of Potential

Mounties struggle to get Alleghany opponent out.

It never hurts to talk things over.

Time for a big home-run!

Coach Nagy checks with manager, Jim Cantrell.

1976 Statistics

C.F.	*2*	*Alleghany*	*3*
C.F.	*9*	*William Byrd*	*0*
C.F.	*15*	*Covington*	*1*
C.F.	*6*	*Andrew Lewis*	*5*
C.F.	*16*	*Glenvar*	*1*
C.F.	*1*	*Lord Botetourt*	*9*
C.F.	*5*	*Alleghany*	*11*
C.F.	*12*	*William Byrd*	*6*
C.F.	*6*	*Covington*	*1*
C.F.	*3*	*Andrew Lewis*	*6*
C.F.	*3*	*Glenvar*	*5*
C.F.	*4*	*Lord Botetourt*	*14*
C.F.	*0*	*Andrew Lewis*	*5*

(First Round of Tournament)

Home run time again as Clarence zips past first base.

1976 Golf Team

This year's golf team, coached by Ms. Watts, was full of ability and potential. The team had many experienced individuals who were well prepared for a good season. The team looks forward to an even better season with more experience as a basis for next year's golf team.

Cheerleaders Boost School Spirit

Becky Edmunds, Dale Armstrong, Christy Putnam, Teresa Marshall, Sally Wolfe, Kim Goode, Becky Downs, Lisa Bryan.

The Varsity Cheerleaders started their hard practices in July and it soon paid off when they were named the most outstanding squad at cheerleading camp. At the end of the summer, they gave the football team a watermelon feast. They sponsored hall decorating contests, pie-in-the-face contests, and "dress-up" days. The girls performed two different pom-pom routines at the football games and gave a prize to the most spirited class.

The night before the jug game they had a bonfire and afterwards a dinner for the football team.

During basketball season they traveled to all the away games to cheer for the team. They planned the decorations for the Sport's Banquet and gave a plaque to Coach Scott.

The Varsity Cheerleaders were honored to have Mrs. Griggs as their new sponsor. Without her help, the organization wouldn't have made as big a success.

Cheerleaders enjoy refreshments during halftime.

Riding in parades is also a part of the fun.

Basketball Cheerleaders Work Hard

Bottom Row: *Tammy McCoy, Louise Morris, Anne Gaither.* ***Top Row:*** *Jean McKay, Ellen Jeffries, Frances Duff.*

The Girls' Basketball Cheerleaders enjoyed a very exciting season. They began practicing in the summer and worked hard through November. These girls cheered for both the Varsity and Junior Varsity teams. They gave their team a chicken dinner near the end of the season.

After the team won the district title, the team and cheerleaders journeyed to Laurel Park for the regional tournament. The girls were accompanied by their new sponsor, Miss Susan Layne.

After the winnings of the regionals, the cheerleaders gave a pep rally to help the team for their next tournament. These girls had the honor and excitement of cheering the first State Girls' Basketball Tournament.

A duet cheer.

The girls look disappointed but don't give up hope.

Front to Back: *Leigh Grimm, Elaine Wilhelm, Julie Unroe, Diane Nicely, Assistant Head; Barbara Gibson, Head; Mrs. Belle, Sponsor.*

Although the Junior Varsity Cheerleaders work just as hard during the summer months as other squads, they have the disadvantage of cheering before smaller crowds.

This year the girls purchased new pom-pons and also had a new sponsor, Mrs. Bolte. They were small in number and fought all of the disadvantages with a smile.

The J.V. Cheerleaders cheered to perfection during football season, many times during rainy games.

In addition to boosting pep, the J.V. Cheerleaders gave a party for the J.V. Basketball team which was in the armory after the last home game. They made posters for the halls and took part in one of the pep rallies.

These girls deserve a lot of recognition for their hard work and loyalty to the school.

Bet you can't hold that pose over three seconds.

Coca-Cola

One hour
CLEANING

THE Mountain
NATIONAL BANK

PET
DAIRY PRODUCTS CO.

INSURANCE

BANKING

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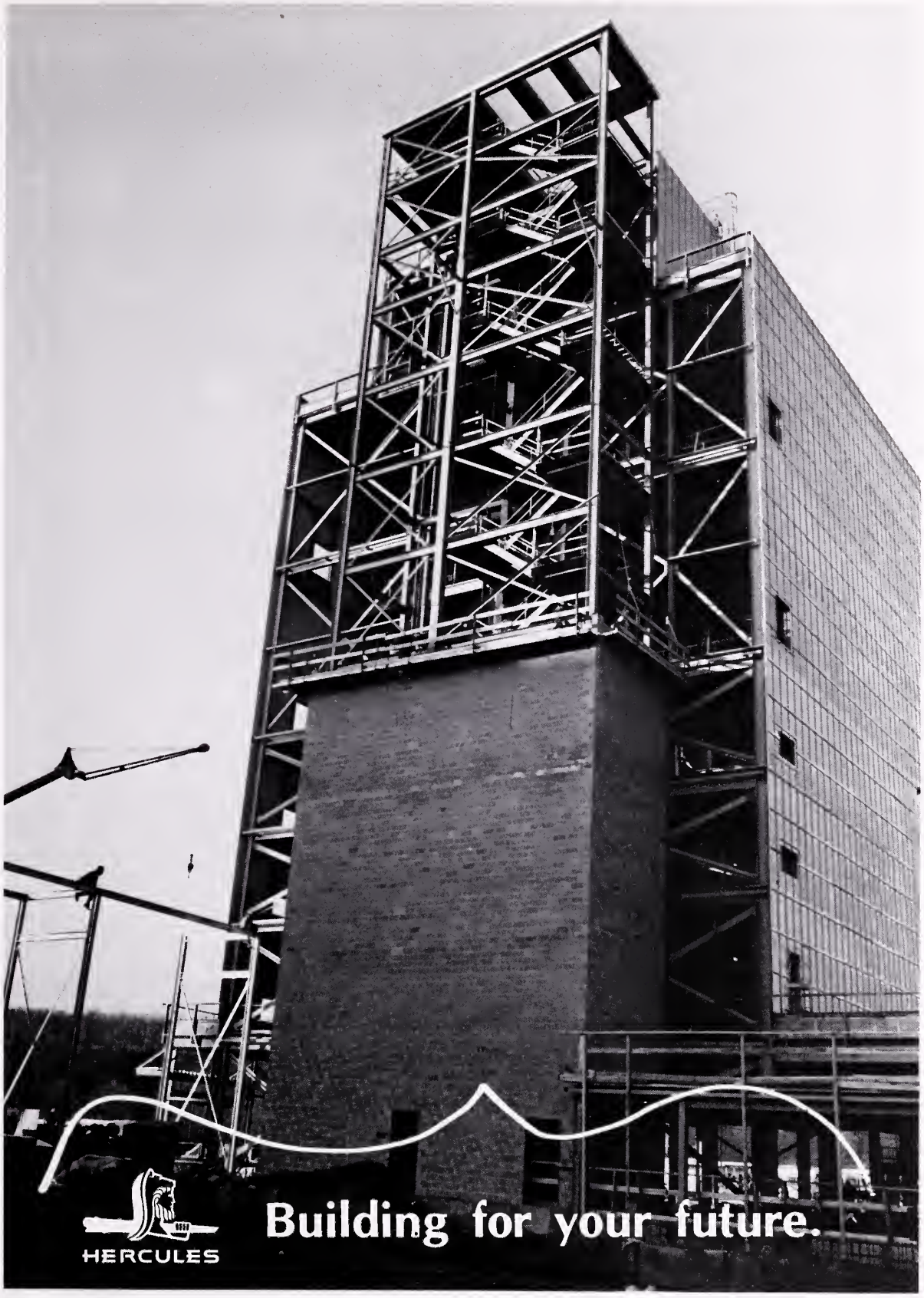
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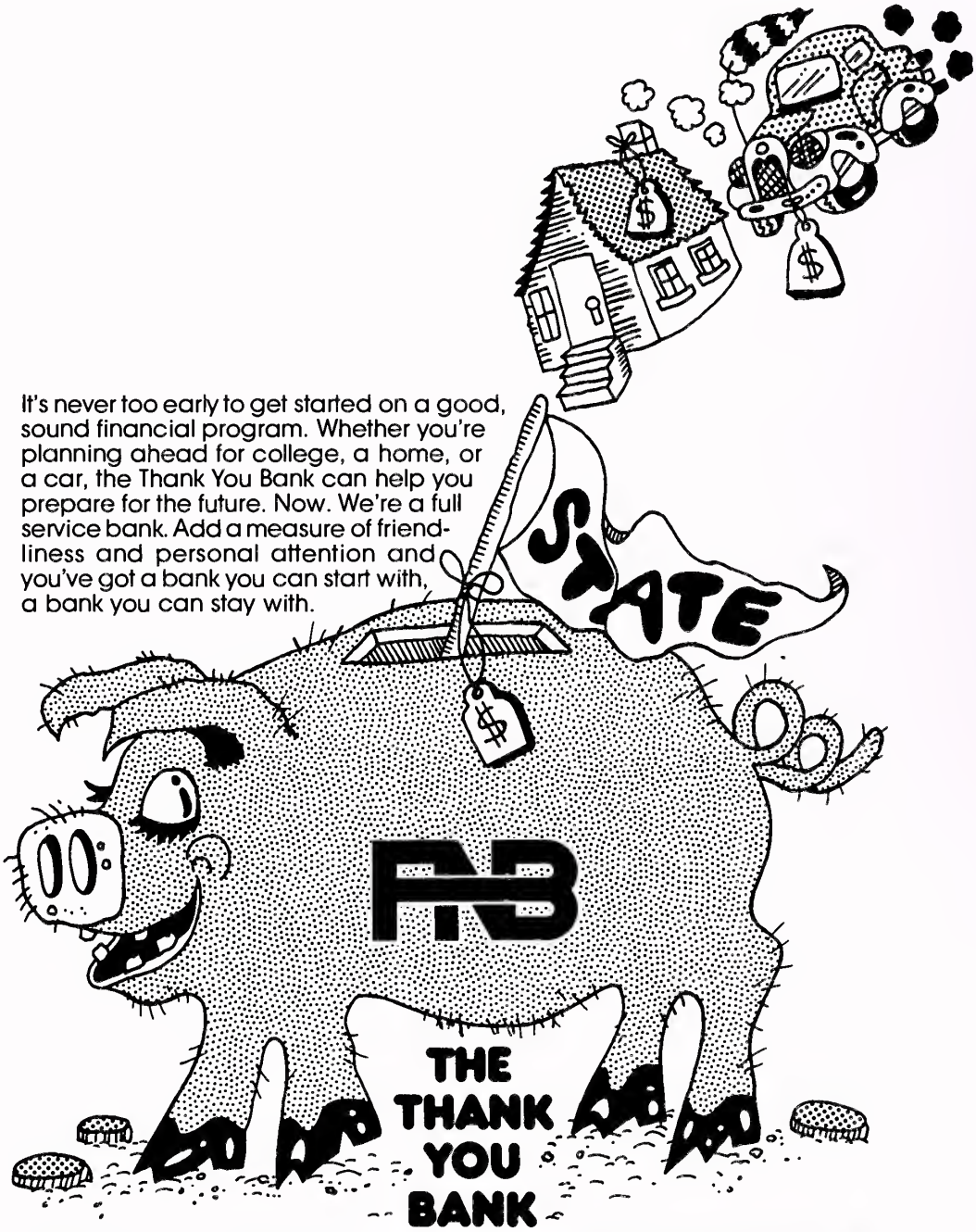

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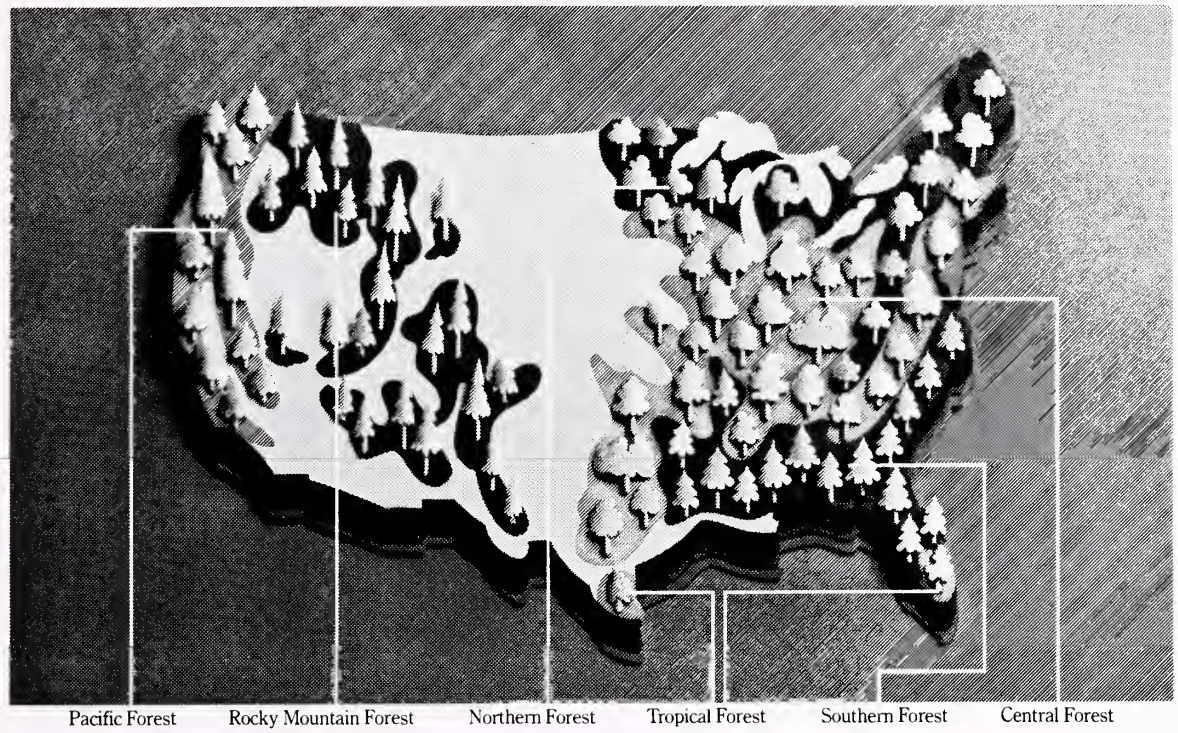

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